

# Fact sheet

Created Date: 15 January 2021

Review Date: 15 January 2022

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## Kitchen Aids and Equipment

### Aids and Equipment in the Kitchen

#### Kitchen Equipment

##### **Perching Stool**

**What is it for?** Used in the kitchen to allow for rest during meal preparation, washing up and related tasks. Used in the bedroom to assist with dressing or used in the bathroom at the sink

##### **Considerations?**

- The seat is slightly tilted to allow someone to perch, knees will be lower than the hips, the person will weight bear through their feet so feet must be flat on the floor to be at the correct height.
- The legs of the stool are splayed which may cause a trip hazard.
- Need to consider space in the room.
- Must be able to use both hands to assist with standing up to prevent tipping.
- Weight restrictions of product

##### **Where can I get it from?**

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/household-aids/perching-stools/>
- <https://www.essentialaids.com/catalogsearch/result/?q=perching+stool>

**How much is it?** £25 - £40



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## Kitchen Trolley

**What is it for?** Used to transport food and drinks from one room to another.

### Considerations?

- Should not be used as a substitute for a walking aid.
- The person must have a good walking balance
- Consider flooring due to wheels; thick carpet or rugs will make it difficult to use and smooth flooring will limit the control a person will have on the equipment especially if they were to fall.
- Must be able to use both hands to assist with standing up to prevent tipping.
- Weight restrictions of product

### Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/kitchen-aids/kitchen-trolleys/>
- <https://www.manageathome.co.uk/search/kitchen%20trolley>

**How much is it?** £40 - £70



If you are not confident in selecting this equipment that will help, we can assess you for this. If you would like an assessment or a conversation about the right equipment for you, please contact the **Wellbeing Independence Partnership on telephone: 01952 385385 (option 2)**. This may take place at our Independent Living Centre or at home.

## Kitchen Aids

There is a wide variety of aids available to support with activities in the kitchen. Below is some suggestions of kitchen aids that you could consider buying to help you with food preparation or eating and drinking. If are unsure of what you need or how it would help you, we have demonstration pieces available at the Independent Living Centre.



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## Food Preparation

### Kitchen Workstation

**What is it for?** There are several variations of this, typically they help to steady food while preparing. Some have cheese graters, spikes to steady vegetables for peeling, scrubbing brushes or corners for steadying bread.

#### Considerations?

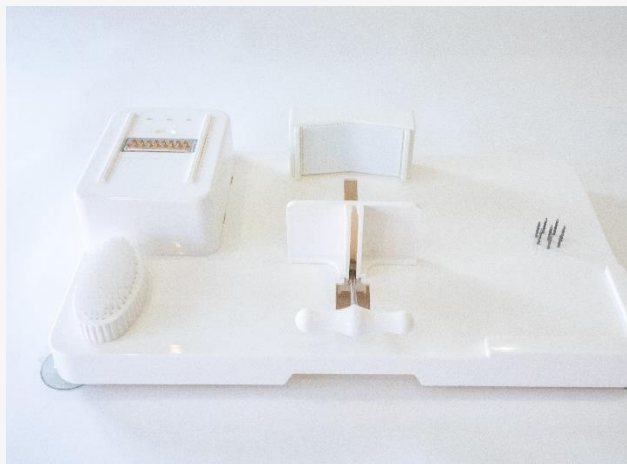
- Has sharp parts to it.
- There are varying combinations available.
- Can be tricky to clean.

#### Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.manageathome.co.uk/kitchen-dining/food-preparation/chopping-boards/>
- <https://www.completecareshop.co.uk/kitchen-aids/food-preparation-boards/>

**How much is it?** £8 - £60



### One Cup Kettle

**What is it for?** Safer way to prepare hot drinks as it removes the need to lift a heavy kettle with boiling water, reducing risk of spills and burns.

#### Considerations?

Still requires a good range of movement to fill the unit or needs someone to do this for the person.

#### Where can I get it from?

Various outlets, may wish to consider trying:

- Argos
- Amazon
- Currys

**How much is it?** £40 - £80



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## Automatic Jar Opener

**What is it for?** Opening jars, the jaws grip the jar and turns the jar lid

**Considerations?** Requires batteries, often not included.

**Where can I get it from?**

Various outlets, may wish to consider trying:

- Argos
- <https://www.completecareshop.co.uk/kitchen-aids/can-and-tin-openers/>

**How much is it?** £10-£20



## Can Opener

**What is it for?** Automatically opens cans, alternative can openers are available

**Considerations?** Requires batteries, often not included.

**Where can I get it from?**

Various outlets, may wish to consider trying:

- Argos
- <https://www.manageathome.co.uk/kitchen-dining/food-preparation/can-bottle-jar-openers>
- <https://www.completecareshop.co.uk/kitchen-aids/can-and-tin-openers/>

**How much is it?** £10-18



## Jar and Bottle openers

**What is it for?** Opening bottles and jars, suitable for someone who has the strength to turn a jar lid or bottle lid themselves but doesn't have a good grip. Alternative aids to open jars are also available.

**Considerations?** Need some physical strength for the turning action

**Where can I get it from?**

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/kitchen-aids/can-and-tin-openers/>
- <https://www.manageathome.co.uk/kitchen-dining/food-preparation/can-bottle-jar-openers/>

**How much is it?** £2-£6



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## Wire Basket

**What is it for?** Typically a chip frying basket, can be used in a saucepan to boil vegetables and then the basket can be lifted when cooked and the pan of water can cool before being moved, rather than trying to move a pan of boiling water.

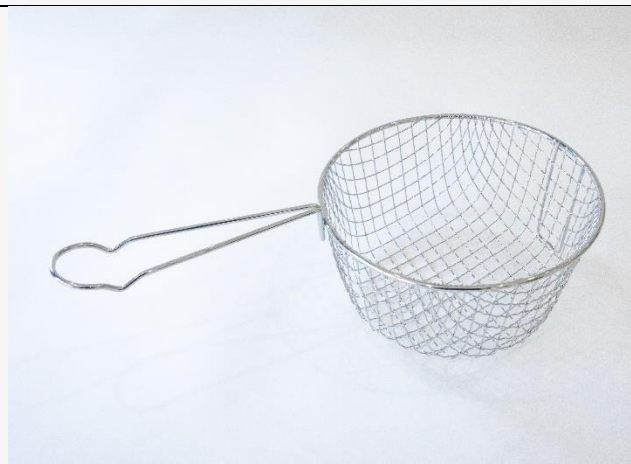
**Considerations?** Still require the strength to lift the pan of water, but will be doing this with cool water.

### Where can I get it from?

Various outlets, may wish to consider trying:

- Wilkos
- John Lewis
- <https://www.completecareshop.co.uk/kitchen-aids/cooking-aids/>

**How much is it?** £4-£12



## Oven Guards/Shelf Protectors

**What is it for?** To protect hands and arms when reaching for items in and out of the oven

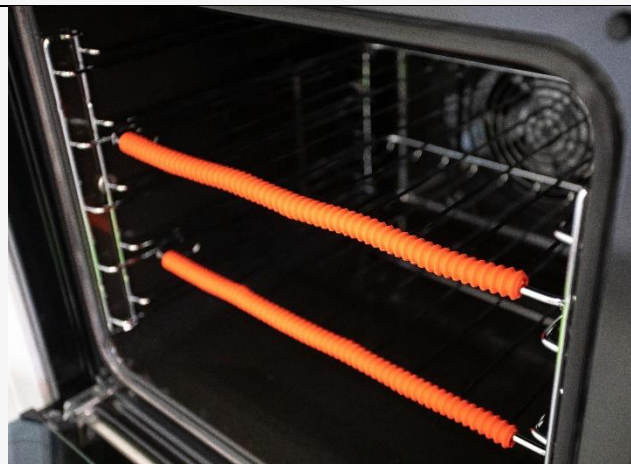
**Considerations?** Available in a variety of colours but a bright colour (as pictured) may assist those with a visual impairment.

### Where can I get it from?

Various outlets, may wish to consider trying:

- The Range
- Amazon

**How much is it?** £3-£5



## Silicone Oven Glove

**What is it for?** Allows for a freer movement and better grip when handling hot items than a mitten type glove can offer.

**Considerations?** Not as easy to put on as a typical oven glove.

### Where can I get it from?

Various outlets, may wish to consider trying:

- [https://www.vonhaus.com/vh\\_en/catalogsearch/result/?q=oven+glove](https://www.vonhaus.com/vh_en/catalogsearch/result/?q=oven+glove)
- Amazon
- <https://www.cooksmill.co.uk/catalogsearch/result/?q=oven+glove>

**How much is it?** £8-£20



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## Angled Measuring Jug

**What is it for?** The angled measure makes it easier to read and has a gripped handle.

**Considerations?** Should not be put in dishwasher and avoid using in the microwave

**Where can I get it from?**

Various outlets, may wish to consider trying:

- <https://www.nrshealthcare.co.uk/eating-drinking-aids/food-preparation>
- <https://www.completecareshop.co.uk/kitchen-aids/general-kitchen-aids/>

**How much is it?** £7-£11



## Eating and Drinking

### Cup Flask

**What is it for?** Keeps hot drinks warmer for longer, allows drink to be transported without spilling or burning and typically have an anti-slip base to prevent the cup from being knocked over.

**Considerations?** Product may still be too hot to drink

**Where can I get it from?**

Various outlets, may wish to consider trying:

- Dunelm
- Various Supermarkets

**How much is it?** £5 - £10



### Two Handled Cup

**What is it for?** The two handles allow someone to stabilise the mug for transporting or drinking from to avoid spilling. Some also available with spout to reduce spillage.

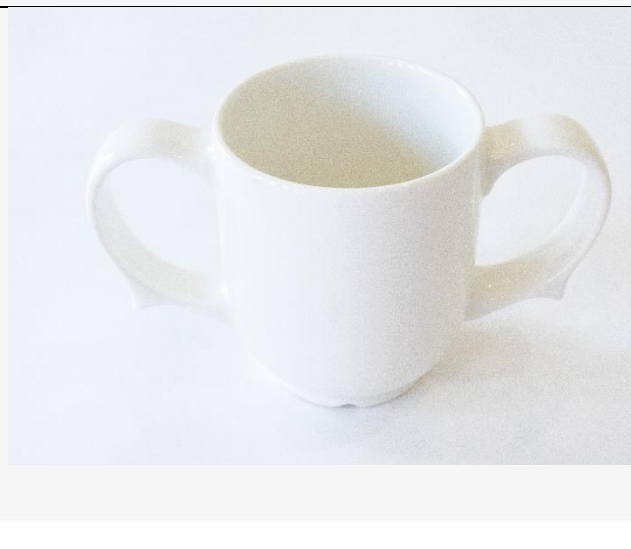
**Considerations?** Requires grip in both hands and still a chance of spilling hot drink

**Where can I get it from?**

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.nrshealthcare.co.uk/search?query=2%20handled%20cup>
- <https://www.completecareshop.co.uk/drinking-aids/two-handled-cups/>

**How much is it?** £5 - £10



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## Ergonomic Spoon

**What is it for?** The larger handle allows those with poor dexterity to grip the utensil. Often shaped to make them easier to use. Also available for forks and spoons. Grip for your existing cutlery is also available.

### Considerations?

#### Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/eating-aids/>
- <https://www.manageathome.co.uk/search/cutlery>

**How much is it?** Individually - £5, for a set £7 - £30



## Plateguard

**What is it for?** To contain food on the plate, especially useful for those who can only eat one-handed.

**Considerations?** Needs to be secured to the plate.

#### Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/eating-aids/plate-surrounds-and-guards/>
- <https://www.manageathome.co.uk/search/plate>

**How much is it?** £3.50 - £15



## Rimmed Plate

**What is it for?** To contain food on the plate, especially useful for those who can only eat one-handed.

**Considerations?** Need to be careful when transporting plate due to different angle to standard plates.

#### Where can I get it from?

Various outlets, may wish to consider trying:

- Ableworld (Online or in store at Newport or Shrewsbury)
- <https://www.completecareshop.co.uk/eating-aids/plate-surrounds-and-guards/>
- <https://www.manageathome.co.uk/search/plate>

**How much is it?** £7 - £18



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