

Cooking/Kitchen

Assistive technology relating to cooking and the kitchen applies to such areas as: recipes, tools and appliances, kitchen design and safety, and entertaining guests. Some devices under the category are one-handed food preparation boards and adjustable utensils. Here are a few of the assistive technology devices that can help you with your cooking needs:

Cutting Boards: To assist those with the use of only one hand, a variety of cutting boards are available with suction cup feet and "holding nails" to secure food to the board. Raised corners also enable you to cut or butter bread without sliding.

Jar and Bottle Openers: For those with the use of only one hand, arthritis, or limited hand mobility, these devices make it easy to open jars and bottles. A variety of styles exist, and the option of manual or electronic operation is available.

Enlarged Print Digital Timers: By using enlarged print, these digital timers allow those with limited vision to see how much time their food has left to cook. The alarm must be turned off manually and is loud enough to assist those who are hard of hearing.

Scooper Dishes: For those with one-handed capabilities, these dishes make eating easier. The dishes are usually oval-shaped, with a sloping front and a vertical back to make scooping food easier. A variety of styles and dishes are available.

Utensils: For those with limited hand function, wrist motion, and range of motion, various utensils are available to better accommodate their needs. Some come with enlarged or weighted grips to make grasping easier, while others are specially shaped to allow a person to eat comfortably. Holders are also available to secure the utensil to a person's hand. These devices may also be covered in a rubber-like substance to protect your teeth and gums.

Dycem: Dycem is a non-slip plastic that helps individuals to grasp objects, hold objects in place, and prevent slipping and sliding. It can be used for a better grip on writing and drawing utensils; on recreation equipment; and under seat cushions and therapy equipment. Dycem comes in a variety of styles and patterns.

What you can do to make cooking easier:

- Purchase easy to seal containers for your food.
- Food processors may help you in food preparation.
- When purchasing kitchen appliances, e.g., can openers, make sure that they are easy to use.

- Attach suction cups to the bottoms of scrub brushes and attach them to your counter top. This makes for easy cleaning and scrubbing.
- Make an effort to eat low cholesterol, low fat meals. Oftentimes recipes are available in newspapers, magazines, and in your grocery store.
- When organizing your shelves and cupboards, place frequently used items on the lower shelves for easy removal.