



# Kitchen Guide for Seniors

Living individually is a goal for most people. With so many tasks to accomplish in a day, it can be challenging to deal with them. If you have a health condition, it may further limit the action. However, with the right aids, you can continue your work diligently.

If you love cooking, but health conditions limit your ability, you can use aids such as a cooking basket, food workstation, [kitchen trolleys](#), etc. There is a wide range of aids designed to help seniors or the disabled prepare food independently.

## Kitchen Aids

Some of the popular kitchen aids include:

- Special tin and [bottle opener](#)
- Perching stools for kitchen
- Gripping food for chopping and slicing
- Non-slip mats
- Cutlery
- L shaped handles
- Kettle trippers

People who have arthritis may find it difficult to grip and twist jars, bottles, tins to open it. Aids like ring pull lid can help do the work without any effort.

Perching tools are used in a bathroom and shower for support. In the kitchen, they can help sit/stand at a kitchen worktop. They are the best option for people with reduced balance.

Holding food in a proper position can be difficult for people with hand tremors. Thus, gripping food aids such as chopping boards are available in the market.

Non-slip mats prevent items such as hard bowls and boards from sliding around. They are great for worktops and dining tables.

Most people have difficulty eating or cutting food. They need a special kind of cutlery. For instance, people with arthritis in hand and fingers find narrow items discomforting. There are various aids available in the market to combat this, that too, with various sizes and weights.

Similarly, L-shaped handle knives and utensils keep users' wrists neutral, providing support to people with reduced strength.

Kitchen trolleys help transport plates, bowls, and items from room to room.

In addition, there are different types of bibs, choppers, graters, slicers, etc., available in the market.

### **Why Do You Need Kitchen Aids?**

If you/your loved one finds it challenging to prepare meals, you may want to consider a kitchen aid. The other reasons why you may need additional help are:

- Visual impairment. You or your loved ones have difficulty reading the correct measurement for the recipe.
- Physically disabled
- Suffering from old age problems

Kitchen aids may be helpful for people having health conditions such as ataxia (blurry eyesight), fibromyalgia (pain in lifting heavy objects), down's syndrome (cataract, glaucoma, nystagmus), learning disability, or arthritis.

### **How to Choose the Right One**

The right equipment is the one that provides you an extra hand whenever and wherever required.

For instance, if you have difficulty standing for long, choose perching tools. But make sure that height is adjustable. Similarly, people having difficulty gripping objects should choose appropriate cutlery.

### **Safety Tips**

Here are some tips to make the kitchen safe for adults.

- Don't leave food unattended while cooking. Food in preparation should always be watched.
- Do not touch a hot pan or pot without an oven mitt.
- Use automatic shut-off devices to prevent fire.
- Clean up the cluttered areas such as cupboards, high-up drawers to prevent elders from reaching and falling.
- Make sure that all the required aids are available in the kitchen. They should be fixed properly so that it's not difficult for adults to find them.
- Non-slip mats, grab rails should always be in the kitchen and around. Make sure the floors are not wet as it's possible near the sink.
- Every corner of the home, including the kitchen, staircases should be adequately lit. If they wake up at night for water or any other purpose, it should be easy.

The kitchen can be scary, especially for adults and the disabled. Hence, the kitchen must be safe for them. It should consist of all the equipment and aids, along with the safety measures explained above.