

ICANN

Increasing Capabilities Access Network

Kitchen Aids

For most people, preparing and cleaning up after meals occupies much of our time each day. The ability to prepare meals allows us to meet our nutritional needs and helps us to maintain our independence. The purpose of this fact sheet is to provide an introduction to available adaptive kitchen devices, which can make meal preparation easier. The following devices are commonly recommended for food storage, opening packages/containers, slicing, chopping, mixing, stove/oven use, and clean-up. All devices recommended can be found at a local Wal-Mart, Target, or Walgreen's or can be easily ordered from an adaptive equipment catalog.

Visual Adaptations

Measuring Cups

Brightly colored measuring cups can be used to provide contrast or larger measuring cups be used for individuals with low vision (Target: \$14.99, Wal-Mart: \$3.97)



Cutting Boards

Brightly colored cutting boards can be used to provide contrast (Target: \$7.48, Wal-Mart: \$7.00)



Utensils

Brightly colored utensils can be used to provide enhanced visual stimuli for individuals with visual deficits (Target: \$7.99 – \$14.99)



Drawer Liners

Different colored draw lining can be used to provide contrast and keep utensils organized in drawers (Wal-Mart: \$3.97)

Locator Dots

Different colored sticky dots can be placed on appliances to discriminate between oven settings or microwave buttons (Wal-mart/Target/Walgreen's: ~ \$2.00)

Motor Control Adaptations

Cutting Boards

A cutting board which has been modified with two aluminum nails (1/2 inch apart) can be used to stabilize food items to allow safe & easy slicing. Modifications can be made for less than \$4.00 or modified cutting board can be purchased from Sammons Preston for ~ \$30.00.

One-handed Can Opener

Motorized can opener snaps onto can with use of one hand & cleanly opens the can top for user (Wal-mart/ Walgreen's: ~\$20.00)



Cup Holder

Clamp-on cup holder attaches to wheelchair or walker to allow individual to safely transport liquids (Walgreen's: \$19.99)

Palm Held Vegetable Brush

Brush attaches to finger and can be held in palm of hand; ideal for individuals who have decreased hand strength (Target: \$5.99)

Vegetable/Fruit Slicer

Allows individual to slice vegetables/fruit with minimal effort, using only one hand (Target/Wal-Mart: ~\$10.00)



One-handed Vegetable Peeler

Peeler is motorized and can be manipulated with one hand (Wal-Mart: \$13.97)

Adaptive Utensils

Utensils are available with larger handles for individuals with arthritis or decreased hand manipulation. These can be purchased or materials such as foam board or clay can be bought to adapt current items in the home. (Sammons Preston Catalogue: ~\$12.00/utensil, Supplies from Wal-Mart/Target: ~5.00/utensil)



Reacher

Allows individual to reach objects from low or high surfaces (Sammons Preston Catalogue: ~\$20.00-30.00)



Door Handle Loops

Loops can be attached to cabinet doors or the refrigerator door to aid in door opening when hand use is limited. (Supplies from Wal-Mart/Target: ~2.00/handle)

Pocket Apron

Apron can be attached to wheelchair or walker and allows hands free carrying of items. (Make or purchase for ~\$10.00)

Lap Board

Lap board can be attached to wheelchair to provide an accessible workstation. It can also be used to transport items. These can be made or purchased. (Sammons Preston Catalogue: \$30 and up)

Kitchen Cart

A cart can be used to transport items from one area of the kitchen to another area. (Sammons Preston: \$135.00 - \$150.00)



Bottle/Jar Lid Opener

Allows for easy opening of bottles and jars (Target: \$19.99)

Dycem

Non-slip plastic that stabilizes objects when trying to open them or holdings pots/bowls in place when stirring or mixing. Textured drawer lining from Wal-Mart can be used as a substitute. (Sammons Preston: ~12.99 – \$19.99 for individual pieces or ~\$30.00 for a roll of Dycem)



Uniturner Knob

Allows turning of oven and stove control knobs by people who have limited finger movement (Sammons Preston Catalogue: ~\$23.00)

Dish-washing sponge w/Handle

Allows washing dishes with one hand (Target/Wal-Mart: ~\$5.00)

Developed by: Kristy England, OTS & Megan Johnson, OTS, UCA Occupational Therapy Students

How to contact us:

ICAN

26 Corporate Hill

Little Rock, AR 72205

www.ar-ican.org

501-666-8868 main number

800-828-2799 toll free

501-666-5319 fax

info@ar-ican.org

Disclaimer: This publication was produced by Increasing Capabilities Access Network (ICAN), a program of the Arkansas Department of Career Education Division of Arkansas Rehabilitation Services through funding provided by the Rehabilitation Service Administration, U.S. Department of Education in accordance with the Assistive Technology Act of 19098, as amended in 2004. The opinions and positions expressed herein do not necessarily reflect the position of the Rehabilitation Service Administration or the U.S. Department of Education or any other federal agency.