



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



**Independent
Living Centre WA**

Making choices finding solutions

Kitchen Advice

TOP TIP

Sitting reduces
energy use
by 25%.

Consider what tasks you can do
sitting.

For example, prepare vegetables
at the dining table.



Making Choices, Finding Solutions

About this Guide

This guide has been developed to assist you to find simple assistive equipment, technology and basic home modification solutions available in local stores and online. It contains a range of useful tips and advice to help you better manage every day tasks and common frustrations. Please note prices and products may change over time and are correct at time of printing.

How the Independent Living Centre WA can help you

The Independent Living Centre WA (ILC) is a leading centre of excellence for assistive technology and equipment options, home modification solutions and allied health services.

Our purpose is to support people to live full and independent lives. We do this by providing individuals with allied health solutions and the right assistive technology that enables them to live in good health and independently at home and in the community.

Through our Assistive Technology Services you can receive information and advice about the most suitable assistive equipment, technology and home modification options for you.

Our Community Allied Health Services enable you to access occupational therapy, speech pathology and physiotherapy services in your home or community. Our experienced health professionals will work with you to achieve your goals.

Contact us to discuss how we can help you, including what government funded options may be available.

Phone: **1300 885 886**

Visit **www.ilc.com.au**

Drop into our: **Nedlands** or **Cockburn Centre**

What should I expect if I call the ILC Helpline 1300 885 886?

If you call the ILC Helpline you will speak with an experienced health professional who can assist you with your assistive equipment, technology and home modification enquiries. You can also receive guidance about what services may be beneficial to you and funding options available.

How to use NED – the online Australian National Equipment Database

NED, the online national equipment database, enables you to research the best assistive technology and equipment solutions available to you nationwide. It offers up to date information on an extensive range of assistive technology and equipment products available throughout Australia.

You can search for what you need by using key words or by browsing through the products by topics. You will find information about the product including a description, specifications and supplier details.

Visit NED at **www.askned.com.au**

This guide has been developed for the Independent Living Centre WA in partnership with the WA Home and Community Care Program (HACC) as part of the Home Modification and Assistive Technology Project.

Do you store everyday items within easy reach on the bench top or hanging by the stove top?



Are cupboards and shelves easily reached without having to stand on tip toes or get down onto the floor?



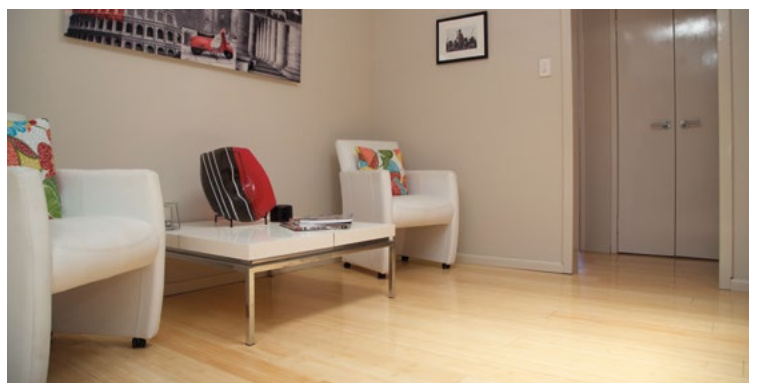
Do you have a working smoke alarm installed and a fire extinguisher and/or fire blanket within easy reach?

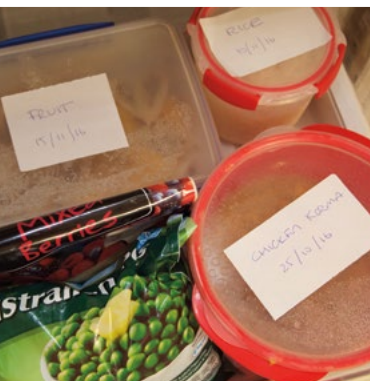


Do you mop up spills as soon as they happen?



Is the floor free of loose rugs and clutter?





PLAN

Creating a meal plan for the week can make it easier to prepare healthy meals. It also ensures you have the right ingredients on hand when you are ready to cook.

Purchase chopped frozen vegetables and fruit.

Cook once; eat twice: by cooking larger meals and re-using or freezing you cut down on the number of times you need to cook a new meal from scratch.

Prepare your area and set up ingredients on the bench or table before you start cooking.

Sit down to do meal preparation.

Consider breaking up the task if necessary e.g. prepare meat in morning, vegies in afternoon.

Clean as you go or while items are cooking.

PACE

One pot wonders – slow cookers are often simple to operate, save time, use less energy and can keep the kitchen cooler in warmer months.



CHOICE
85%
SCORE



**Sunbeam Secretchef
Slow Cooker HP5520**



\$59



The Good Guys

Simple Solutions for Common Kitchen Frustrations

Open jars and tins

There is a wide range of low cost jar, bottle and can openers that reduce the need to use force or have a strong grip. They also protect the joints in the hand and wrist. Always try running the jar under hot water to help expand the metal, dry off and then use the aid.



✓ **Culinare One Touch Can Opener**

🏷️ **\$38**

🛒 **fishpond.com.au**



✓ **Aidapt Ring Pull Can Opener**

🏷️ **\$11**

🛒 **fishpond.com.au**



✓ **Zyliss Strongboy 2 Jar Opener**

🏷️ **\$25**

🛒 **fishpond.com.au**

Turn taps on and off

Many cross bar taps require you to grip, hold and turn using force. A simple device like a plastic tap turner lever or replacing existing taps with lever taps, makes turning off and on easier.



✓ **Homecraft Crosshead Tap Turner**

🏷️ **\$20**

🛒 **daily.com.au**



✓ **Shaw & Mason Chrome Lever Handle Taps - 2**

🏷️ **\$29.98**

🛒 **Bunnings**

Chop or cut food

Holding a knife for long periods can become uncomfortable if the handle is narrow or thin. There are many utensils and kitchen tools that are made with enlarged non slip grip handles that make holding the utensil easier and can reduce strain to hand joints.

If you find it hard to hold a food item on a board, you can use a spike board. A nonslip mat will stop items from moving around on the bench.

For the ultimate in ease when chopping, cutting and grating use a small electric kitchen tool with different parts to help you with mixing, chopping, grating or blending, all with the push of a button.



Non Slip Place Mat



\$5



visionaustralia.org



Homecraft Spreading Board with Spikes



\$22



fishpond.com.au



**CHOICE
86%
SCORE**



Breville The Control Grip Stick Blender BSB510



\$100



Big W

Lift pots

Fill and empty pots using a plastic jug. Consider changing to two handled pots or use steamer inserts or cooking baskets that lift out of your existing pots once the food is cooked, leaving the pot of water to cool and empty later.



KMART Multi Cooker



\$27



Kmart



Kmart 20cm UNI Steamer Insert



\$12.00



Kmart



Pour the kettle

Some kettles are heavy to lift and hold while filling at the sink. There are a few smaller or light weight versions. You could also fill it using a plastic jug and have it sitting in a kettle tipper, which can tip and pour without the need to lift.

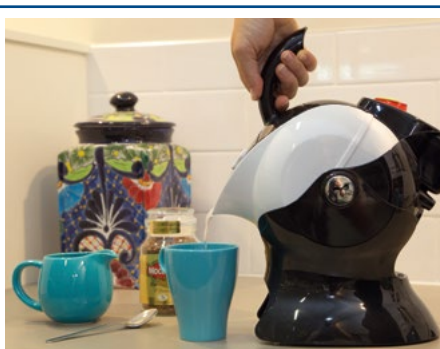


CHOICE
75%
SCORE

✓ **Homemaker 1.7 Litre
Cordless Kettle**

🏷️ **\$7.50**

🛒 **Kmart**



✓ **Uccello Powerpour
Kettle**

🏷️ **\$86**

🛒 **daily.com.au**



✓ **NRS Kettle Tipper**

🏷️ **\$40**

🛒 **fishpond.com.au**

Reach high and low cupboards

Instead of having to bend down and reach into the cupboard, let the shelves come out to meet you. There are many simple cupboard inserts that make corner, high and low cupboards easier to access by installing a pull-out or pull-down shelf, or carousel style shelving in corner cupboards.



Ikea Utrusta Wire Basket



\$25



Ikea



Ikea Utrusta Pull Out Interior Fitting



\$60



Ikea



Ikea Utrusta Corner Base Cabinet Pull Out Fitting



\$150



Ikea

Turn on and off stove knobs, use a timer

Sometimes the dials and numbers on a cooker or oven can be difficult to see or become worn. Using small contrasting tactile dots can help you easily see and feel when the dial is off.

There are automatic shut off devices that can be fitted to gas and electric stove tops. These additional safety features need to be professionally installed. Please call the ILC on **1300 885 886** to discuss in more detail.



Big Bold Tactile Timer



\$45.00



visionaustralia.org



Bump Ons



\$4.00



visionaustralia.org



ETAC Universal Turner



\$119.00



visionaustralia.org

Simple Kitchen Modifications



- ✓ Create extra bench space by placing a wooden chopping board on top of an open drawer.



- ✓ Replace cupboard and drawer knobs with D shaped handles.



- ✓ Install a bench that sits underneath the microwave which, when pulled out, provides a heat resistant surface.



- ✓ Install adjustable, pull out, pivoting, or turn table shelving.



- ✓ Install a wall oven with a side opening door instead of a low-to-floor oven.



- ✓ Install a dishwasher drawer.

'When you get older your aim in life is to keep looking after yourself. Independence is absolutely vital. It helps you to maintain your self-esteem. For every hour we live we would like to be independent.' Freda and Hal (97)



Need more advice or help?

Phone the ILC on **1300 885 886** for information about assistive equipment and home modification options and other local services.

Interested in viewing more products?

This guide contains a small selection of assistive equipment, technology and home modification options available in local stores and online. To view a broader range of products visit NED at **www.askned.com.au**