

ASSISTIVE EQUIPMENT

For Kitchen and Dining



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OVERVIEW

Maintaining independence in the kitchen and at the dining table plays a crucial role in preserving dignity and enhancing well-being. Whether preparing a meal, handling ingredients, or simply sharing a meal with loved ones, a range of adaptive tools can make these tasks more manageable and enjoyable.



This guide provides examples of assistive equipment for overcoming the challenges often faced by those with limited mobility, dexterity, or other physical difficulties.

CUTLERY

WEIGHTED CUTLERY

Weighted cutlery provides the user with more control when eating as it helps to counteract and stabilise tremors.



FOAM GRIP CUTLERY

Foam grip cutlery is specially designed so that the handles of the cutlery are made from a foam like material. This foam gives the cutlery handles a greater diameter, making it easier and more comfortable to grip.

BENDABLE CUTLERY

Bendable cutlery allows users to adjust the angle of the handles on the cutlery to provide a more comfortable and controlled grip. This customisable feature helps relieve the strain put on a person's wrist when eating.



KNIVES AND CUTTING

ROCKER KNIFE

The rocker knife's curved blade allows the user to cut food using a rocking motion. This design makes it easier to slice food as it requires less force and exertion from the upper limb muscles.



ANGLED GRIP KNIFE

An angled grip knife features a handle with a specific angle, allowing users to cut food with a more natural wrist position. This angle improves control and reduces strain on a person's upper limb muscles.

COMBINATION CHOPPING BOARD

The combination chopping board has a knife attached to the board which allows for greater control when cutting food. There are 3 pins on the board which can be used to secure food to the board when cutting. The rims on the edge prevent food from slipping off the board



CUPS

BEAKER

A beaker with a lid is perfect for individuals with limited control and strength in their upper limbs, enabling them to drink from a cup while minimising the risk of spills.



HANDLED CUPS AND MUGS

Handled cups and mugs are a good option for people who face difficulties with grip. The handles provide a more comfortable and secure hold on the cup.



STRAW OR SIPPER CUP

Straws or sipper cups make drinking easier by allowing a person to sip from the cup without the need to tilt it. This feature also helps reduce the risk of spills.



MISCELLANEOUS

KETTLE TIPPER

A kettle tipper enables a person to pour from a kettle with less effort and strain on the shoulder joint and upper arm. The kettle is placed securely on the device, and a side lever is used to control the tipping motion.



JAR OPENER

These jar openers have different sized loops to fit around varying sized jars. It helps provide greater grip when opening jars and requires less force and strain on a person's wrists.



NON SLIP BOWLS/ CHOPPING BOARDS

These non slip mats can be used in the kitchen and can be put under bowls etc. the non slip surfaces helps secure equipment on the counter space.



RIMMED PLATES

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TWIST CAP OPENER



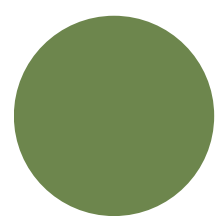
Twist cap openers can be placed over bottle caps to provide greater grip when opening a lid due to its non-slip surface and wider diameter.

FOAM TUBING

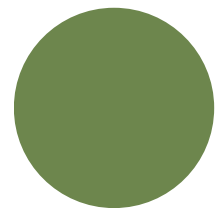
Foam tubing can be purchased in different diameters and can be put around different utensils. The tubing acts to increase the diameter of the utensil making it easier and more comfortable to grip. Eg. Toothbrush, pen



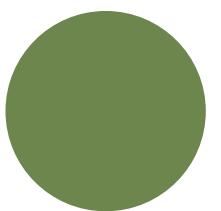
EXAMPLES OF SUPPLIERS



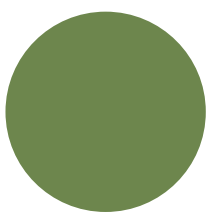
www.Murrays.ie



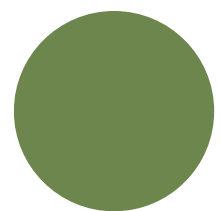
Gomobility.ie



www.homecaremedicalsupplies.ie



www.beechfieldhealthcare.ie



ww.themobilityshop.ie

Carlow/Kilkenny

Occupational Therapy Department



Feidhmeannacht na Seirbhíse Sláinte
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