

## Help in the kitchen...

At the Independent Living Centre we have a large range of equipment for assessment, including cutlery, plates, bowls, mugs, cooking equipment, food preparation equipment, kettles, chairs, trolleys, and much more. Give us a call on **01380 871007** to book an appointment with our Occupational Therapist to find out what would be suitable for you.

### Food preparation...

Did you know you could get:

- Two handled saucepans, ergonomic kitchen utensils, single handed equipment, multiple options for opening tins, jars and packaging
- Hot water dispensers and assisted taps
- Height adjustable kitchen surfaces, hobs, sinks
- Accessible ovens and kitchen units
- And much more...

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### Eating and drinking...

Did you know you could get:

- Large handled cups, two handled cups, spill resistant cups, weighted cups, cups with lids and spouts, anti-tremor cups, and more...
- Plates and bowls with high edges, plates and bowls with sloping edges, partitioned plates and bowls, anti-slip/suction based plates and bowls, insulated bowls, and more...
- Large grip cutlery, moulded grip cutlery, cutlery with a hand strap, weighted cutlery, angled cutlery, combination cutlery, rocker blade knives, and more...

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### Have you considered...

- Seating - having the right seating at the dining table can aid with both socialising and digestion. There are various types of chair available, and multiple ways to make it easier to be pushed up to the table.
- Telecare for the kitchen, e.g. a pendant or pull cord; smoke, gas, and carbon monoxide detectors; extreme temperature sensors; and flood detectors.
- Did you know you can get locking cooker valves for gas cookers? This provides reassurance that the cooker does not get unintentionally turned on or left on.

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### Before buying anything from a magazine, TV advert or the internet, can you say yes to the following questions?

- Have you asked a friend or family member to be with you when the salesperson visits?
- Have you been told the complete price? Delivery and fitting may be extra.
- Have you compared prices with other companies?
- Have you checked the item will fit and work in your home? Can you try before you buy?
- Are you being offered a guarantee? Is the repair service local?
- Have you been given all the information in writing? Are there contact details in case of a problem?

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