



# Adapted Kitchen Tools & Utensils

There are many tools and tips for individuals who have mobility limitations, vision loss, or unsteady hands. Adapted cooking utensils cooking and eating easier. Adapted tools can oftentimes be found through on Amazon, supermarkets, or home goods stores. The following is a list of common adapted kitchen tools and utensils:



**Swivel utensils** assist users with little or no muscle control to keep the food on the fork or spoon. The spoon swivels with movement to keep a level platform before entering the mouth.



**Lipped plates** are commonly used by individuals with poor hand coordination. The plate rounds up at the edges so that the user can scoop his/her food onto the utensil easier.



**A rocker knife** is a large knife that rocks back and forth while cutting rather than sawing the food. This may reduce the risk of cutting oneself during food prep since the knife does not need to be picked up between cuts.



**Pronged cutting boards** include little prongs that hold the food in place while one cuts.



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**Non-skid mixing bowls** or cutting boards are useful for individuals with shaky hands. The non-skid materials allow for the bowl to stay put during preparation tasks such as cutting and mixing.



**Easy grip utensils** include larger handles for easier gripping and can be weighted or non-weighted. The weighted utensils are commonly used by individuals with Parkinson's disease or other conditions that include tremors to control unsteady hands while eating.



**Grip straps** are very similar to easy grip utensils as they both help the person with limited hand movement or weak grip. A grip strap is attached to the fork or spoon and slides over the hand or wrist so that the individual can hold the utensil without squeezing.



**Angled utensils** are designed to be lightweight and bent to more independent feeding.



**Finger loop utensils** consist of a small loop that slips over the thumb or pointer finger to ensure proper hold. These can also be used by individuals with little or no grip strength.



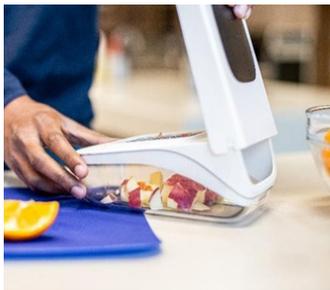
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**Spout cups or straws** can be used for individuals who may have poor mouth control or spill frequently. Typically, these types of cups have lids and the user will suck rather than drink.



**Openers** come in a variety of tools, including manual or automatic. Many can be used to open jars, bottles, or cans, and they can consist of grippers, corkscrews, and other mounted openers. Mounted openers are typically nailed to a wall or hard surface and are especially utilized by individuals with one hand.



**Food choppers** are an easy way to cut food without using a knife. This can support individuals who have weak or shaky hands.



**Liftware** has a collection of utensils that have stabilizing and leveling handles and attachments that are designed to help people with hand tremor or limited hand and arm mobility retain dignity, confidence, and independence.



**Oven pulls** are used to safely pull or push hot oven or toaster racks. Heat resistant silicone oven pulls can withstand up to 530° F.



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**Manual food processors** allow for safe chopping, mincing, or pureeing. With a simple twist, the power is in your hands to chop fruits, vegetables, nuts and more with 3 sharp, stainless steel blades.



**Bump Dots** allow a variety of uses from tactile marking of everyday items such as computer keyboards, telephone keypads, and oven keypads to adding feet to vases and ceramic pieces. In homes or offices with both blind and sighted people, use the clear dots so the view of keypad displays aren't obscured. For those with low vision, use black dots on a white background (and vice versa) or fluorescent orange dots on patterned or darker backgrounds.



**The Magic Bullet** is more than just a countertop blender. It's great for anyone with limited dexterity, hand strength, or those who tire easily that also need a device for quick and easy chopping or mixing. Use the pulse feature to give foods a rough chop or lock it in to puree and finely blend.

