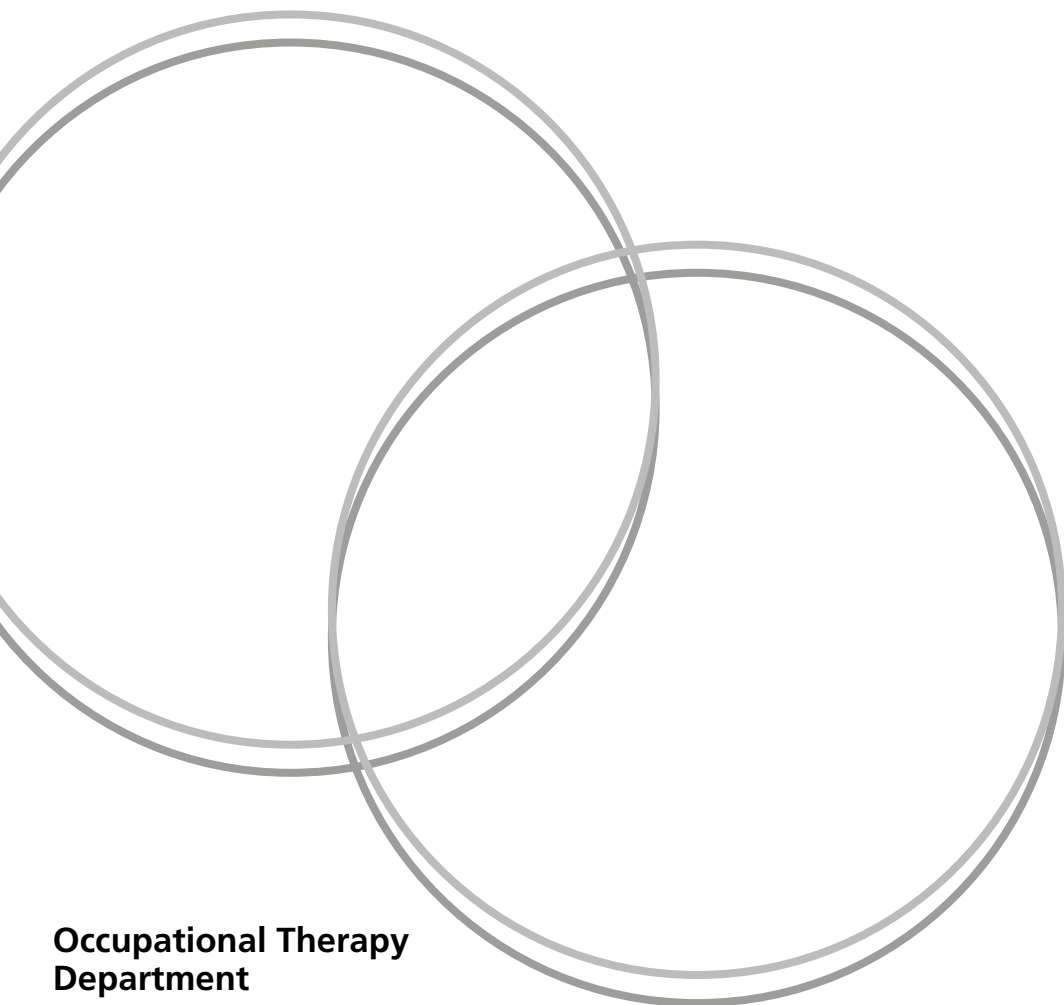


Things to remember in the kitchen

Information for patients



**Occupational Therapy
Department**

Introduction:

This leaflet has been designed to give you information and recommendations for things to remember in the kitchen. It will help you plan ahead of surgery, and following hospital admission.

Things to do –

- 1) Store everyday items at waist or countertop level - use drawer organisers or baskets to keep essentials like cutlery, mugs, or seasonings accessible.
- 2) Create a preparation zone where you can sit comfortably - use a sturdy chair or perch stool at the counter or table while chopping, mixing, or stirring.
- 3) Use easy-to-handle cookware - opt for lightweight utensils which provide a good and sturdy grip.
- 4) Work in short sessions and take breaks - break down large kitchen tasks into smaller steps.
- 5) Moving with your mobility aid - always use it when recommended by your therapist, even for short distances.
- 6) Remove loose rugs from the floor - keep walkways clear and use non-slip mats only where needed. Wear appropriate anti-slip socks or shoes.
- 7) Plan simple, nutritious meals - choose easy recipes like smoothies, soups, and salads.
- 8) Batch cook or stock up on ready meals before surgery - freeze small portions of food for early recovery days.
- 9) Ask for help when needed - friends, family, or neighbours can assist with lifting groceries or reaching high shelves.

Things to avoid -

- 1) Avoid climbing or reaching up high - do not use step stools or ladders. Keep essentials on middle shelves — not too high, not too low.
- 2) Be aware and cautious - Be mindful around hot items. Use a slotted spoon to drain hot food such as vegetables or pasta, instead of lifting a full pot. Transfer hot drinks to a flask for easy transportation.
- 3) Avoid bending or twisting suddenly - use long-handled tools like grabbers and keep commonly used items within arm's reach.
- 4) Avoid slippery surfaces and spills - wipe up spills immediately or ask someone to do it for you.
- 5) Avoid cluttered or unsafe pathways - know your kitchen layout and put away any items or objects that you do not require. This will create a safe and accessible space.
- 6) Avoid carrying items while using your mobility aid - transfer small and lightweight items to a shoulder bag or rucksack for ease of transportation.
- 7) Avoid rushing or multitasking - take one task at a time, move slowly, and focus on balance. Keep one hand on a surface for support if needed.
- 8) Avoid straining your arms or back - use an electric can opener, jar grippers, or food choppers to reduce physical effort.
- 9) Avoid overexerting yourself - even light tasks can be tiring; rest as often as needed and ask for assistance.

How to contact us

If you have any questions or concerns, please contact Occupational Therapy at the Nuffield Orthopaedic Centre (NOC):

Tel: **01865 737 551**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust

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