

Occupational Therapy department

# Things to remember in the kitchen

Information for patients



- Avoid bending down to get things out of low cupboards; try and arrange for the things you need to use often to be put up on to the work surface.
- Try and arrange for the things you need in the bottom of the freezer to be put in the top freezer drawer.
- Avoid reaching or leaning too far into cupboards or the freezer. If you find that you do need to reach into cupboards, make sure you support yourself with one hand on the work surface.
- Remember to fill the kettle with just a small amount of water; enough for what you need. This will make it easier to carry.
- When filling the kettle or saucepans, slide them along the work surface instead of picking them up, or use a bottle of water or measuring jug to fill them up.
- Remember to keep your feet in line with your shoulders and avoid twisting when you do tasks.
- If you are moving items along the work surface use your walking aids to help support you. If you are on crutches/sticks, you could use the work surface for support on one side and a crutch/stick on the other.
- If you have a dishwasher, avoid opening the door fully as you may be unable to bend down to lift it closed. Avoid using the bottom shelf; open the door just enough to pull out and use the top shelf.
- If your oven and grill are low down, avoid using them. Try to prepare simple meals using a microwave or hob.
- Try not to lift a heavy pan of hot water from the hob to the sink. Instead use the slotted spoon to drain vegetables over the saucepan and put straight onto a plate.

- If you get your shopping delivered, ask the delivery people to put the shopping onto work surfaces, not on the floor. If there are any heavy items, ask if they can put them away for you. If they are unable to do this, wait for a visitor/carer to do this for you.
- Try and buy smaller shopping items, for example, instead of buying one large four pint bottle of milk, buy four single pints for ease when lifting.
- A shoulder bag or small rucksack is ideal for transporting items to and from the kitchen, and should not get in the way of your walking aid.
- If you are sitting at the work surface to prepare or eat meals/ drinks try to sit straight on, facing the task you are doing, and avoid twisting.

## How to contact us

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

Tel: **01865 737 551**

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **[PALSJR@ouh.nhs.uk](mailto:PALSJR@ouh.nhs.uk)**

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