

## 9. Prepare a Meal

Is the person able to prepare a meal?

No

Task	Is the person able to open packages and cans?	Is the person able to pour food into a bowl or pot?	Is the person able to turn knobs on the stove on/off?	Is the person able to use other kitchen appliances?	Is the person able to wash and put away the dishes?
Intervention?	OT	OT	OT	OT	OT
Why not?	<ul style="list-style-type: none"> <li>- No fine motor control</li> <li>- Difficult packaging</li> <li>- Decreased strength</li> <li>- Tremor</li> <li>- Can't open packages or cans</li> </ul>	<ul style="list-style-type: none"> <li>- Can't pour</li> <li>- Container too heavy</li> </ul>	<ul style="list-style-type: none"> <li>- Fear of stove</li> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>Can't work appliances</li> <li>Access – can't reach</li> </ul>	<ul style="list-style-type: none"> <li>- Hand wash vs dishwasher</li> <li>- Can't stand long</li> <li>- Can't access sink</li> <li>- Difficulty with sensation</li> <li>- Limited grip strength</li> <li>- Can't get close to dishwasher</li> <li>- Dishes slippery when wet</li> <li>- Dishes and pans too heavy</li> <li>- Can't reach shelves</li> <li>- Upper extremity paralysis</li> <li>- Can't remove dishes from dishwasher</li> </ul>
Intervention?	OT	OT	OT	OT	OT
Solutions and Strategies	<ul style="list-style-type: none"> <li>- Electric can opener</li> <li>- Scissors</li> <li>- Assistance</li> <li>- Transfer food to more accessible packages</li> <li>- Buy cans with pop top lids</li> <li>- Use zipper style bags</li> <li>- Package opening aids</li> </ul>	<ul style="list-style-type: none"> <li>- Container pouring handle</li> <li>- Smaller containers</li> </ul>	<ul style="list-style-type: none"> <li>- Knob turner</li> <li>- Tactile markings</li> </ul>		<ul style="list-style-type: none"> <li>- Dishwasher</li> <li>- Drawer-style dishwasher</li> <li>- Lightweight dishes</li> <li>- Disposable plates</li> <li>- Plastic ware</li> <li>- Aerators for faucets</li> <li>- Gloves</li> <li>- Chair or lift for Rollator</li> <li>- Modify kitchen layout</li> <li>- PSS</li> <li>- Soap brush</li> </ul>

					<ul style="list-style-type: none"><li>- Countertop drying solution: rack, drying mat</li><li>- Lower shelves</li><li>- Rolling cart</li><li>- Keep frequently used pans on stove</li><li>- Rearrange so items accessed more frequently are in a more accessible location</li></ul>
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Is the person able to prepare a meal?

No

Task	Is the person able to pour liquids?	Is the person able to use the cooktop stove?	Is the person able to use the oven?	Is the person able to access the refrigerator?	Is the person able to use utensils
Intervention?	OT	OT	OT	OT, Technician	OT
Why not?	<ul style="list-style-type: none"> <li>- Weak grip</li> <li>- Heavy container</li> <li>- Tremor</li> <li>- Can't see liquid level</li> <li>- Can't pour</li> </ul>	<ul style="list-style-type: none"> <li>- Heavy pans</li> <li>- Pans slide around</li> <li>- Weak grip</li> <li>- Tremor</li> <li>- Can't reach controls</li> <li>- Can't see controls</li> <li>- Can't feel heat</li> <li>- Can't reach</li> <li>- Can't work appliance</li> <li>- Fear of stove</li> <li>- Gas vs electric</li> </ul>	<ul style="list-style-type: none"> <li>- Doesn't remember to turn off</li> <li>- Can't feel heat</li> <li>- Can't lift heavy pans</li> <li>- Can't reach</li> <li>- Can't work appliance</li> <li>- Fear of stove</li> <li>- Gas vs electric</li> </ul>	<ul style="list-style-type: none"> <li>- Can't get close to refrigerator while using mobility device</li> <li>- Refrigerator door opens "backward"</li> <li>- Can't reach freezer door</li> </ul>	<ul style="list-style-type: none"> <li>- Limited upper extremity use</li> <li>- Tremor</li> <li>-</li> </ul>
Intervention?	OT	OT	OT	OT	OT
Solutions and Strategies	<ul style="list-style-type: none"> <li>- Add handles to container with AT</li> <li>- Buy smaller containers</li> <li>- "Say Stop"</li> <li>- EZ pour handles</li> <li>- Funnel</li> </ul>	<ul style="list-style-type: none"> <li>- Use lightweight / smaller pans (aluminum pans)</li> <li>- Pot stabilizer</li> <li>- Front buttons on stove</li> <li>- Reacher</li> <li>- Splatter guard</li> <li>- Knob turner</li> <li>- Thermometer</li> <li>- Fill pan after put on stove</li> <li>- Convection stovetop</li> <li>- Slide pans over counter without lifting</li> <li>- Tactile markings</li> <li>- High contrast aids</li> </ul>	<ul style="list-style-type: none"> <li>- Oven rack guard</li> <li>- Long mitt</li> <li>- Oven rack push puller</li> <li>- Thermometer</li> <li>- Microwave</li> <li>- Front controls for oven</li> <li>- Tactile markers</li> <li>- Automatic shut off feature</li> <li>- Side open oven</li> <li>- Knob turner</li> </ul>	<ul style="list-style-type: none"> <li>- Relocate refrigerator</li> <li>- Rope on handle to assist with opening refrigerator door</li> <li>- Reverse door swing</li> <li>- Freezer on bottom</li> </ul>	<ul style="list-style-type: none"> <li>- Universal cuff</li> <li>- Feeding machine</li> <li>- Weighted utensils</li> <li>- Swivel utensils</li> </ul>

Is the person able to use small appliances?

Appliance	Microwave	Mixer	Blender	Food Processor	Toaster		
Intervention?	OT	OT	OT	OT	OT		
Why not?	- Can't see controls - Low vision						
Intervention?	OT	OT	OT	OT	OT		
Solutions and Strategies	- Talking microwave - Tactile marks - High contrast labels						

Is the person able to perform food preparation tasks?

Task	Cut foods	Measure	Cook	Choose appropriate ingredients	Is the person able to prepare a meal?
Intervention?	OT	OT	OT	Nutritionist	OT
Why not?	<ul style="list-style-type: none"> <li>- Can't see food</li> <li>- Low vision</li> <li>- Reduced strength in hands</li> <li>- Food slides around</li> </ul>	<ul style="list-style-type: none"> <li>- Can't see</li> </ul>	<ul style="list-style-type: none"> <li>- Doesn't know how to cook</li> <li>- Memory issues</li> </ul>	<ul style="list-style-type: none"> <li>- Cognitive issues</li> </ul>	<ul style="list-style-type: none"> <li>- Opening packages or cans</li> <li>- Too heavy (dishes / pans)</li> <li>- Can't pour</li> <li>- Access / can't reach</li> <li>- Can't work appliances</li> <li>- Can't use utensils</li> <li>- Don't know how to cook</li> <li>- Fear of stove</li> <li>- Memory issues</li> <li>- Vision loss</li> <li>- Gas vs electric</li> <li>- Can't open fridge and access fridge</li> </ul>
Intervention?	OT	OT	OT	Nutritionist	OT
Solutions and Strategies	<ul style="list-style-type: none"> <li>- Pre-cut foods</li> <li>- Formed cutting board</li> <li>- Adapted cutting board</li> <li>- High contrast (to food) cutting surface</li> <li>- Rocker knife</li> <li>- Alternative utensils</li> </ul>	<ul style="list-style-type: none"> <li>- Pre-measured foods</li> </ul>	<ul style="list-style-type: none"> <li>- Picture cookbooks</li> <li>- Auditory directions</li> <li>- Large-print cookbook</li> <li>- Timers</li> <li>- PSS</li> <li>- Meals on Wheels</li> <li>- Delivery</li> <li>- Family / friend</li> <li>- Life skills coach</li> <li>- Nutritionist</li> <li>- Education</li> <li>- Long oven mitts</li> <li>- Splatter guard</li> </ul>	<ul style="list-style-type: none"> <li>- Planned menus</li> <li>- E-meals</li> </ul>	<ul style="list-style-type: none"> <li>- PSS</li> <li>- Meals on Wheels / food delivery</li> <li>- Family / friend</li> <li>- Tactile markers</li> <li>- Lightweight</li> <li>- Dishes / pots / pans</li> <li>- Thermometers</li> <li>- Large print</li> <li>- Visual contrast</li> <li>- Picture cookbooks</li> <li>- Home mods</li> <li>- Alternative utensils (knives, spoons, forks)</li> <li>- Life Skills Coach</li> <li>- Automatic stove shut off</li> <li>- Timers</li> </ul>

					<ul style="list-style-type: none"><li>- Front buttons on stove</li><li>- Adapted cutting board</li><li>- Talking appliances</li><li>- Long oven mitts</li><li>- Splatter guard</li><li>- Nutritionist</li><li>- Education</li></ul>
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Question: Is there a difference when preparing hot vs cold food?

Work in gas vs electric stove issues.