9. Prepare a Meal

Is the person able to prepare a meal?

No

<table>
<thead>
<tr>
<th>Task</th>
<th>Is the person able to open packages and cans?</th>
<th>Is the person able to pour food into a bowl or pot?</th>
<th>Is the person able to turn knobs on the stove on/off?</th>
<th>Is the person able to use other kitchen appliances?</th>
<th>Is the person able to wash and put away the dishes?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervention?</td>
<td>OT</td>
<td>OT</td>
<td>OT</td>
<td>OT</td>
<td>OT</td>
</tr>
<tr>
<td>Why not?</td>
<td>- No fine motor control</td>
<td>- Can’t pour</td>
<td>- Fear of stove</td>
<td>Can’t work appliances</td>
<td>- Hand wash vs dishwasher</td>
</tr>
<tr>
<td></td>
<td>- Difficult packaging</td>
<td>- Container too heavy</td>
<td>-</td>
<td>Access – can’t reach</td>
<td>- Can’t stand long</td>
</tr>
<tr>
<td></td>
<td>- Decreased strength</td>
<td></td>
<td>- Fear of stove</td>
<td></td>
<td>- Can’t access sink</td>
</tr>
<tr>
<td></td>
<td>- Tremor</td>
<td></td>
<td></td>
<td></td>
<td>- Difficulty with sensation</td>
</tr>
<tr>
<td></td>
<td>- Can’t open packages or cans</td>
<td></td>
<td></td>
<td></td>
<td>- Can’t get close to dishwasher</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Dishes slippery when wet</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Dishes and pans too heavy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Can’t reach shelves</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Upper extremity paralysis</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>- Can’t remove dishes from dishwasher</td>
</tr>
<tr>
<td>Intervention?</td>
<td>OT</td>
<td>OT</td>
<td>OT</td>
<td>OT</td>
<td>OT</td>
</tr>
<tr>
<td>Solutions and Strategies</td>
<td>- Electric can opener</td>
<td>- Container pouring handle</td>
<td>- Knob turner</td>
<td>- Dishwasher</td>
<td>- Drawer-style dishwasher</td>
</tr>
<tr>
<td></td>
<td>- Scissors</td>
<td>- Smaller containers</td>
<td>- Tactile markings</td>
<td>- Lightweight dishes</td>
<td>- Disposable plates</td>
</tr>
<tr>
<td></td>
<td>- Assistance</td>
<td></td>
<td></td>
<td>- Plastic ware</td>
<td>- Aerator for faucets</td>
</tr>
<tr>
<td></td>
<td>- Transfer food to more accessible packages</td>
<td></td>
<td></td>
<td>- Gloves</td>
<td>- Chair or lift for Rollator</td>
</tr>
<tr>
<td></td>
<td>- Buy cans with pop top lids</td>
<td></td>
<td></td>
<td></td>
<td>- Modify kitchen layout</td>
</tr>
<tr>
<td></td>
<td>- Use zipper style bags</td>
<td></td>
<td></td>
<td></td>
<td>- PSS</td>
</tr>
<tr>
<td></td>
<td>- Package opening aids</td>
<td></td>
<td></td>
<td></td>
<td>- Soap brush</td>
</tr>
</tbody>
</table>
- Countertop drying solution: rack, drying mat
- Lower shelves
- Rolling cart
- Keep frequently used pans on stove
- Rearrange so items accessed more frequently are in a more accessible location
<table>
<thead>
<tr>
<th>Task</th>
<th>Is the person able to pour liquids?</th>
<th>Is the person able to use the cooktop stove?</th>
<th>Is the person able to use the oven?</th>
<th>Is the person able to access the refrigerator?</th>
<th>Is the person able to use utensils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interventions?</td>
<td>OT</td>
<td>OT</td>
<td>OT</td>
<td>OT, Technician</td>
<td>OT</td>
</tr>
<tr>
<td>Why not?</td>
<td>- Weak grip</td>
<td>- Heavy pans</td>
<td>- Doesn’t remember to turn off</td>
<td>- Can’t get close to refrigerator while using mobility device</td>
<td>- Limited upper extremity use</td>
</tr>
<tr>
<td></td>
<td>- Heavy container</td>
<td>- Pans slide around</td>
<td>- Can’t feel heat</td>
<td>- Refrigerator door opens “backward”</td>
<td>- Tremor</td>
</tr>
<tr>
<td></td>
<td>- Tremor</td>
<td>- Weak grip</td>
<td>- Can’t lift heavy pans</td>
<td>- Can’t reach freezer door</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Can’t see liquid level</td>
<td>- Tremor</td>
<td>- Can’t reach</td>
<td>- Gas vs electric</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Can’t pour</td>
<td>- Can’t see controls</td>
<td>- Can’t work appliance</td>
<td>- Can’t reach</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Can’t feel heat</td>
<td>- Fear of stove</td>
<td>- Can’t work appliance</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Can’t reach</td>
<td>- Gas vs electric</td>
<td>- Fear of stove</td>
<td></td>
</tr>
</tbody>
</table>

Solutions and Strategies
- Add handles to container with AT
- Buy smaller containers
- “Say Stop”
- EZ pour handles
- Funnel
- Use lightweight / smaller pans (aluminum pans)
- Pot stabilizer
- Front buttons on stove
- Reacher
- Splatter guard
- Knob turner
- Thermometer
- Fill pan after put on stove
- Convection stovetop
- Slide pans over counter without lifting
- Tactile markings
- High contrast aids
- Oven rack guard
- Long mitt
- Oven rack push puller
- Thermometer
- Microwave
- Front controls for oven
- Tactile markers
- Automatic shut off feature
- Side open oven
- Knob turner
- Relocate refrigerator
- Rope on handle to assist with opening refrigerator door
- Reverse door swing
- Freezer on bottom
- Universal cuff
- Feeding machine
- Weighted utensils
- Swivel utensils
Is the person able to use small appliances?

<table>
<thead>
<tr>
<th>Appliance</th>
<th>Microwave</th>
<th>Mixer</th>
<th>Blender</th>
<th>Food Processor</th>
<th>Toaster</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervention?</td>
<td>OT</td>
<td>OT</td>
<td>OT</td>
<td>OT</td>
<td>OT</td>
</tr>
</tbody>
</table>
| Why not?     | - Can’t see controls  
               - Low vision |       |         |                |         |

| Intervention?| OT        | OT    | OT      | OT             | OT      |
| Solutions and Strategies | OT        | OT    | OT      | OT             |         |
|               | - Talking microwave  
               - Tactile marks  
               - High contrast labels |       |         |                |         |
Is the person able to perform food preparation tasks?

<table>
<thead>
<tr>
<th>Task</th>
<th>Cut foods</th>
<th>Measure</th>
<th>Cook</th>
<th>Choose appropriate ingredients</th>
<th>Is the person able to prepare a meal?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervention?</td>
<td>OT</td>
<td>OT</td>
<td>OT</td>
<td>Nutritionist</td>
<td>OT</td>
</tr>
</tbody>
</table>
| Why not?      | - Can’t see food  
- Low vision  
- Reduced strength in hands  
- Food slides around | - Can’t see  
- Doesn’t know how to cook  
- Memory issues | - Cognitive issues  
- Opening packages or cans  
- Too heavy (dishes / pans)  
- Can’t pour  
- Access / can’t reach  
- Can’t work appliances  
- Can’t use utensils  
- Don’t know how to cook  
- Fear of stove  
- Memory issues  
- Vision loss  
- Gas vs electric  
- Can’t open fridge and access fringe |                                    |                                      |
| Solutions and Strategies | - Pre-cut foods  
- Formed cutting board  
- Adapted cutting board  
- High contrast (to food) cutting surface  
- Rocker knife  
- Alternative utensils | - Pre-measured foods  
- Picture cookbooks  
- Auditory directions  
- Large-print cookbook  
- Timers  
- PSS  
- Meals on Wheels  
- Delivery  
- Family / friend  
- Life skills coach  
- Nutritionist  
- Education  
- Long oven mitts  
- Splatter guard | - Planned menus  
- E-meals | - PSS  
- Meals on Wheels / food delivery  
- Family / friend  
- Tactile markers  
- Lightweight  
- Dishes / pots / pans  
- Thermometers  
- Large print  
- Visual contrast  
- Picture cookbooks  
- Home mods  
- Alternative utensils (knives, spoons, forks)  
- Life Skills Coach  
- Automatic stove shut off  
- Timers |                                      |                                      |
Question: Is there a difference when preparing hot vs cold food?

Work in gas vs electric stove issues.