

Assistive Devices for the Kitchen

Adaptive Knives

- Useful for individuals who have difficulties using traditional knives due to limitations within their hands and arms



One Handed Cutting Board

- Useful for individuals who have limited use of one arm or hand but still wish to be involved in meal preparation activities. Also allows for cutting foods without endangering the other extremity



Food Chopper

- Another option to allow individuals to remain independent and assist with food preparation activities as well as maintain their safety



Electric Can Opener

- With just one button to operate, this device allows for greater independence while being easier on the joints of the hands



Electric Jar Opener

- Must like the can opener, requires one button to operate, is much easier on the joints of the hand, and increases independence



Non-Slip Mats

- Non-Slip mats help an individual keep objects sturdy and close to them while on tables or countertops. They are also called Dycem mats. They come in a variety of colors, shapes, and sizes.



Wide Handled and Weighted Utensils

- Helpful for individuals who have difficulty grasping traditional skinny silverware. They also come in an angled version to assist people who have difficulties reaching their mouths with traditional utensils. The weighted utensils may be helpful for individuals who struggle with eating because of hand tremors.



Plate Guards

- For people who have difficulties scooping food from a plate or who have difficulties controlling the food on their plate, this attachable guard helps keep their food on their plate and helps them to get ahold of it with various utensils. This piece of equipment can help decrease frustrations surrounding meal times.



Visit northcoastmedical.com to explore these assistive devices and more. Amazon will also have most of these devices on their website for you to order.