



## Assistive Devices for Cooking Activities

The following items can help make cooking and other daily living tasks easier. Your Occupational Therapist can help suggest what would be best for you. Items can be found online or in some local stores.

### Non-skid surfaces (Dycem or shelf lining “gripper”)

- Rubber like matting keeps plates, bowls, cutting boards, etc., from moving
- Helpful for weak hands or if you only have the use of one hand



### Cutting Board with Cut-out

- A cutting board can be cut (or purchased like this) to allow a bowl to fit inside; this keeps the bowl from turning when mixing or stirring
- Helpful for weak hands or if you only have the use of one hand



### Bowl Stabilizer

- Contoured rubber-like material that will “grip” a bowl and stop it from turning when mixing or stirring
- Helpful for weak hands or if you only have the use of one hand
- The product pictured is called the “Staybowlizer”



### Pot Handle Stabilizer

- Prevents a pot or skillet with a handle from turning when on a stovetop burner
- Wire frame sticks to stovetop with suction cups
- Can be placed for right or left handed stirring



### Adapted Cutting Board

- Cutting board with stainless steel nails and raised right angle border
- Allows food items to be placed on the nails for one-handed cutting, chopping or peeling
- Items can be placed against the raised border to hold when spreading butter/jam or cutting a sandwich
- Other adapted cutting boards with more features are also available



### One-Handed Electric Can Opener

- Electric can opener is placed on top of can and works by pushing a button
- Opener rotates by itself
- Can be used with one hand



### Electric Jar Opener

- Electric jar opener adjusts to size of jar lid, and by pushing a button, rotates by itself to open the jar
- Helpful for weak or painful hands, or if you only have the use of one hand



### Easy Open Storage Containers

- Storage containers that open and close by pressing a button
- Helpful for weak or painful hands, or if you only have the use of one hand



### Baggie Opener

- Holds baggie open to make it easier to put contents inside
- Helpful if you only have the use of one hand



### Long-Handled Broom or Lightweight Vacuum

- Long-handled broom prevents need to bend over to pick up floor debris after sweeping
- Lightweight vacuum allows floor clean up with one hand and prevents the need to bend over to clean up dust and dirt

