



Title of Document:

Kitchen Equipment

Overview:

This document contains a list of equipment and utensils that will make cooking, eating, and cleanup easier for people with limited hand function. You may have to try several different designs or brands to find what works best for you.

Equipment

Kitchen Push Down Whisk

One Touch Can Opener

Jar Opener

Mandoline Slicer

Cutting Board with Knife Attached

Bowl-shaped Cutting Board

Ulu-style knife

Egg Slicer

Egg Cracker

Automatic Electric Salt and Pepper Grinder

Bean Bag Lap Tray

Non-slip Fabric Netting

Reachers

Vegetable Peeler with Easy-grip Handle

Utensils with Adapted Handles or Universal Cuff

For further information on SCI BC programs and services check out our website at www.sci-bc.ca

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Spinal Cord Injury BC 780 SW Marine Drive, Vancouver, BC V6P 5Y7

Cups with Adapted Handles

Straws (there are pros and cons for different types of single use and reusable materials. Do some research to find what works best for you).

Where to Buy

Local Medical Equipment Supply Store

Local Kitchen Supply Store

Amazon

<https://www.amazon.ca/>

Performance Health

<https://www.performancehealth.ca/>

Parsons ADL

<https://www.parsonsadl.com/products.php>

Useful References:

Tetra Society

<https://tetrasociety.org/>

If you are unable to find a solution on the market, Tetra has volunteers who can help design and build something to meet your needs. You will have to pay the cost of materials.

Lists of Medical Equipment Dealers in BC

Find your closest medical equipment supplier on our lists.

<https://sci-bc.ca/resource/lists-of-medical-equipment-dealers-in-bc/>

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