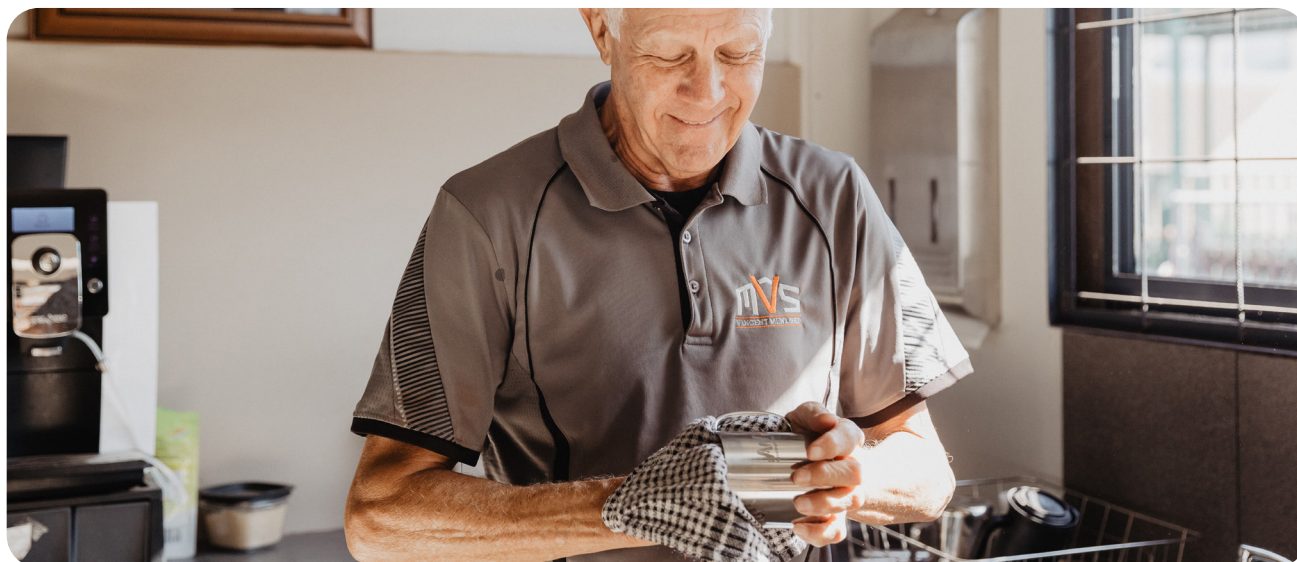




Helpful kitchen assistive products



Choosing kitchen appliances that work for you can be overwhelming. There are so many options. However, it's important to choose an appliance that can do everything you want it to do.

Before you spend money, think about the space you have for storing an appliance. Also, how easy is it to use, clean and put away?

Some appliances have many functions and can replace several appliances at once. This means that you are storing one item rather than many electrical appliances.

Questions to ask before a purchase

Storage: Where will you store the appliance?

- Can you store it on the benchtop where you will use it?
- Will you need to lift and carry it to where you are going to use it?

Weight: How heavy is it when it is empty?

- How heavy is it when it is full, and can you lift it (if you need to) when it is full?
- Can you tip and pour from a full pot safely and easily?

Appliance functions

What do you want the appliance to do for you?

1. What are the essential features that your appliance MUST have to work for you?
2. What are the different ways you need the appliance to function for you?
3. Is there online tutoring or help available to support you while you learn to use the appliance?

Appliance controls

How do you use the appliance?

1. Can you reach and operate the controls easily?
2. Is it logical and easy to use?
3. Does it have pre-set automatic functions as well as manual controls?
4. Can you read the controls and display easily?

Cleaning and precautions

How will you clean the appliance?

1. Can you put together and take apart the appliance without help?
2. Is it safe to wash detachable parts of the appliance in a dishwasher?

Precautions:

1. What are the manufacturer's precautions for this item?
2. Will you need to buy accessories to extend the performance of the appliance, or protect it?

Making your decision about what to buy

Weigh up the advantages and disadvantages of each appliance. For example:

- Is there an alternative appliance that might be more affordable, or easier for you to use?
- What do others say? Read product reviews and consult [CHOICE magazine](#) (available at most libraries as a digital resource). Useful review websites include:
 - ProductReview.com.au
 - [Home living, household product review | CHOICE](#)

Food preparation appliances

Examples of appliances that help you to prepare food:

- [Electric openers](#) for opening jars, bottles and cans
- [Electric fruit and vegetable peelers](#)
- [Food wands](#) help to quickly blend or chop food
- [Food processors](#)

Cooking appliances

There are many appliances you can use to save you time and space in the kitchen, such as portable cooktops and microwave ovens.

Example of a portable induction cooktop:

- [Healthy Choice Digital Portable Induction Cooker](#)

Example of a convection microwave oven:

- [Panasonic 27L Convection Microwave](#)

Benchtop ovens

Benchtop ovens help reduce bending or carrying hot dishes from the oven to your kitchen working space. Examples include:

- [Ninja Foodi XL Pro Oven Black Stainless Steel](#)
- [Sunbeam 18L Convection Bake & Grill Compact Oven](#)
- [Russell Hobbs Express Air Fry Easy Clean Toast Oven](#)

Pressure cookers

[Electric pressure cookers](#), or combination air-fryer-pressure cookers, and cooking food processors can make it easier to prepare meals if you:

- Can't stand for long
- Experience fatigue and pain
- Have limited dexterity
- Have weakness in your arms and hands

The timers built into these appliances are helpful if you find it hard to concentrate or have a short attention span.

Some brands also offer support with apps, online tutorials, or access to experienced consultants.

An example of a combination air-fryer-pressure cookers is the:

- [Instant Pot 8L Duo Crisp and Air Fryer](#)

Cooking Food Processors are multi-functional and have automatic programmes to speed up cooking. **Examples include:**

- [Thermomix®](#)
- [Magimix - Cook Expert](#)

Air fryers

Air fryers are a popular way of heating and frying foods using up to 75% less oil. They can also roast, bake, or reheat food.

Air fryers are useful if you:

- Find it hard to cook using a standard stovetop
- Can't stand for long
- Experience fatigue and pain
- Have limited dexterity
- Have weakness in your arms and hands

For ideas about what to cook next, you can learn about eating for good health [here](#).



Slow cookers

Slow cookers have been around for a few years and are a popular product. They can make it easier to prepare meals if you:

- Can't stand for long
- Experience fatigue and pain

The timers built into these appliances are helpful if you find it hard to concentrate, or you have a short attention span. An example is:

- [Sunbeam SecretChef 5.5L Slow Cooker](#)

Dishwashing appliances

Benchtop dishwashers can be mounted on the kitchen benchtop. This makes them easy to access and reduces the need for bending and reaching. Benchtop dishwashers can also be installed under a bench. For example:

- [Omega ODW101W Benchtop Dishwasher](#)
- [Esatto White Benchtop Dishwasher EBTDW2D](#)

Dish drawers are small dishwashers that can be installed at a height that suits you. A dish drawer enables easy standing access or access for a seated user. For example:

- [Fisher & Paykel DD60SDFTX9 60cm Single Dishwasher](#)

An occupational therapist can help

An occupational therapist (OT) can help you:

1. Adapt tasks to stay independent.
2. Give you tips to simplify your work in the kitchen.
3. Find products that make it easier for you to prepare food, cook and clean up.
4. Protect your joints and to manage any pain you might experience.

Find an OT in your local area with the search tool on the [Occupational Therapy Australia](#) website.

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