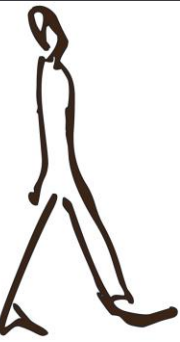
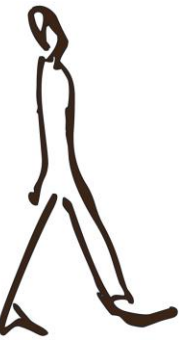


STEPS Live Presents In the Kitchen with OT



“Culinary”

Encompasses cooking and cooking-related activities like cultivating a garden, planning and preparing meals and grocery shopping. [CRC Health](#)



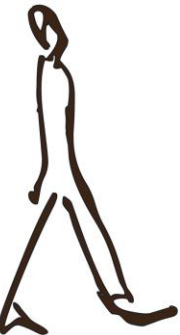
What is preventing **YOU** from participating in the "culinary" experience?

- Physical [I'm in a wheelchair, I use a walker or cane to get around, I can only use one hand, I have difficulty standing or I can't stand for long periods of time.]
- Emotional [Cooking won't be like it was]
- Cognitive [My family or loved one says it's not safe, I'm not sure where to start, I forget things]



What are the **benefits** of a "culinary" experience

- Stress relief
- Improved social skills
- Balance and coordination
- Sensory awareness
- Improved physical health
- Enhanced ability to plan and organize
- Time management skills
- Relief from boredom
- Improved memory, attention and focus
- Self-esteem and a sense of accomplishment [CRC Health](#)





Where do I start?

- Coffee or Tea
- Sandwich
- Grill Chesse
- Scrambled Eggs
- Toast

Start Small

Prepare

- Get everything you need before you start.
- Use a list and check system if you forget easily.
- Make sure you give yourself TIME.

- Use Adaptive Gadgets
- Complete harder tasks in a sitting position.
- Use a visual aide (recipe)
- **Get support when needed.**

Adapt

Achieve

- Enjoy and be proud of what you have accomplished



Making a Sandwich

Rocker Knife

Single Handed Cutting Board

Jar/Can Opener



Making Pasta

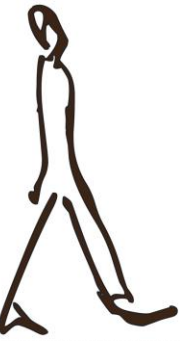


Snap N Strain Strainer



Pan Holder

Portable Cooktop



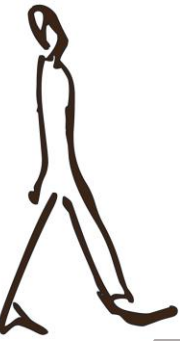
Baking Cookies (premade)

Oven Rack Push Pull Tool

Oven Rack Shields

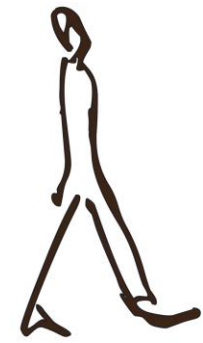
One Handed Cookie Sheet

IGuardStove



Can't remember
the steps?

<https://accessiblechef.com>



Grilled Cheese Sandwich



you will need:



2 slices of bread



1 slice of cheese



butter or margarine

tools:



plate



knife



spatula



sandwich press

Cooking steps



1



plug in press



put bread on plate



put butter on bread



open cheese



put cheese on bread

2



put bread together



sandwich inside press



close press



set timer for 3 minutes



open press

3



be careful HOT



spatula out sandwich



put on plate



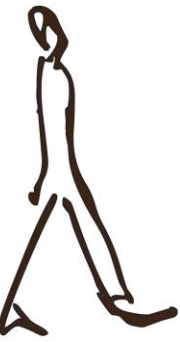
Enjoy eating!

Accessible Chef



How to be safe

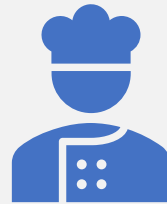
- Place SAFETY visual cue reminders in the kitchen
- Utilize timers
- Have a person supervise your first few times cooking



How do I support my loved one in the kitchen?



GIVE A PERSON TIME TO ADAPT IN CHALLENGING SITUATIONS. DON'T JUST DO IT FOR THEM.



ALLOW YOUR SIGNIFICANT OTHER TO DO PARTS OF THE COOKING TASK IE: CUTTING THE VEGGIES, STIRRING THE PASTA, GATHER ALL THE ITEMS FROM THE FRIDGE AND CABINETS.



REMEMBER THERE IS MORE TO COOKING THAN THE ACTUAL COOKING. SHOPPING, PEELING, CUTTING, WASHING, DRYING, SETTING THE TABLE



Take Home Message

"Culinary"

is an experience that everyone should have the opportunity to do. It can occur in any form, with different tools and can be adaptable for every kind of person.

