

Do you support someone to prepare meals?

How can you support that person to remain independent with these tasks?

Can you teach someone new ways to look after themselves?

Low risk AT assistive technology is designed to make tasks easier, safer and allow an individual to perform a task independently.

They are simple, low cost items that can be purchased from retail outlets, pharmacies, hardware shops and supermarkets.



Using a Jar Opener

There is a wide variety of jar, bottle and can openers that reduce the need to use force or have strong grip. Some products improve grip while others have adapted and extended handles which gives greater control.

Clients with reduced strength and movement in their hands and wrists may benefit from one of these products. Under counter and wall mounted openers may be more beneficial for clients with the use of only one hand.



Using a Kettle Tipper

A kettle tipper is a raised wire frame that cradles any standard kettle designed to assist with minimal effort tipping and pouring. A kettle tipper reduces the need to lift a heavy kettle and the risk of spilling boiling hot water.

Clients with reduced strength, poor grip or the use of only one hand may benefit from a kettle tipper.

Practice with your client using the kettle tipper to [pour cold water first to find out where the mug needs to be positioned and to allow them to become familiar with the water flow.

Consider the training your individual client would benefit from. A combination of oral instructions, demonstrations and written instructions may be required to help your client become competent and confident using low risk AT assistive technology.