

### Helpful questions to ask

- Can you show me how you get around your kitchen?
- What does a typical day of meals look like?
- Do you enjoy spending time in your kitchen?
- Did you used to cook more than you do now? What's changed? Has this been recently?
- Are you able to reach everything you need in your kitchen?
- Do you have a set day you go shopping?
- Accepting tea or coffee when offered.

### What to look out for

- Fatigue while standing in kitchen, sitting down throughout assessment.
- Leaning on worktops while talking in the kitchen.
- Requesting meals on wheels type service when previously independent.
- Unable to or shows difficulty preparing a hot drink.
- How much food and the type of food in the fridge, minimal evidence of regular eating or meal preparation.
- Unable to prepare meals due to environmental hazards e.g. height of surfaces, clutter/obstacles, poor lighting, position of oven/stove top.
- Difficulty carrying items from kitchen to lounge/dining table
- Layout of kitchen and dining table & the space available for maneuvering around.
- Burnt pots/stove tops.

### Translating what you see & hear into your assessment

- X observed mobilising around her kitchen using the worktops to lean on.
- X no longer prepares meals as it requires too much standing.
- X observed straining to lift kettle when filled with water. Kettle is positioned at opposite side of kitchen from sink.
- X observed having difficulty sequencing the steps to make a cup of tea.
- X has difficulty reaching for cups in a low cupboard.
- X observed spilling tea when carrying it from kitchen to lounge.
- X observed leaving mobility aid outside kitchen due to limited space.