

Adaptive Cooking Equipment for patients with epilepsy.

Children's Mercy Hospital Epilepsy Center and Nutrition Services, Occupational Therapy
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Resources are divided into tools that make the physical aspects of cooking easier, tools that are safer for those with disabilities to operate, and tools that assist with the cognitive skills necessary for cooking.

There are a variety of tools that make the physical movements necessary for cooking easier and more accessible. These tools serve a specific purpose in the kitchen and can make common tasks easier.

These implements allow individuals with disabilities to complete aspects of cooking that may be dangerous with a greater degree of freedom. However, many still contain sharp blades or edges and must be used with caution and discretion.

The following list of equipment are suggestions. Each person may need different tools for safety measures and ease of use while preparing and cooking food.

Children's Mercy is not affiliated with Amazon. The following products can be purchased at other locations or sites. The products listed are suggestions and other brands may be purchased.

References:

<https://accessiblechef.com/project/adaptive-cooking-tools/>

Children's Mercy Occupational Therapy Services

Ability KC -Occupational Therapy Services



Plastic knives for beginning cooks. Teaches how to hold a knife, pressure to apply to foods to cut. Serrated plastic edge will keep hands safe from cuts and knicks.

https://www.amazon.com/Leking-Kitchen-Plastic-Serrated-Perfectly/dp/B0BKRG6TZ/ref=asc_df_B0BKRG6TZ/?tag=hyprod-

[20&linkCode=df0&hvadid=642052721640&hvpos=&hvnetw=g&hvrand=8346560623049253400&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9023221&hvtargid=pla-1930428006646&pvc=1&mcid=6cdb8c6b599639a699aa89f1bcb00cbe](https://www.amazon.com/dp/B0BKRG6TZ/ref=asc_df_B0BKRG6TZ/?tag=hyprod-20&linkCode=df0&hvadid=642052721640&hvpos=&hvnetw=g&hvrand=8346560623049253400&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9023221&hvtargid=pla-1930428006646&pvc=1&mcid=6cdb8c6b599639a699aa89f1bcb00cbe)



Mesh cut resistant gloves provide a safety when using kitchen knives for hands with limited stability. Gloves provide a protective barrier for hands.

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[Dowellife Cut Resistant Gloves Protection, Safety Kitchen Cuts Gloves for Oyster Shucking, Fish Fillet Processing, Mandolin Slicing, Meat Cutting and Wood Carving, 1 Pair \(Small\) - Amazon.com](https://www.amazon.com/dp/B0BKRG6TZ/ref=asc_df_B0BKRG6TZ/?tag=hyprod-Dowellife-Cut-Resistant-Gloves-Protection-Safety-Kitchen-Cuts-Gloves-for-Oyster-Shucking-Fish-Fillet-Processing-Mandolin-Slicing-Meat-Cutting-and-Wood-Carving-1-Pair-(Small)-Amazon.com)



Food holder aid in slicing and chopping for people with limited hand mobility.

[Amazon.com: Onion Holder Slicer Cutter Chopper - Tomato Vegetable Lemon Potato Cutter Slicer Odor Remover \(Yellow+White 2pcs per set\): Home & Kitchen](https://www.amazon.com/dp/B0BKRG6TZ/ref=asc_df_B0BKRG6TZ/?tag=hyprod-Amazon.com: Onion Holder Slicer Cutter Chopper - Tomato Vegetable Lemon Potato Cutter Slicer Odor Remover (Yellow+White 2pcs per set): Home & Kitchen)



Stainless Steel Finger Protector Avoid Hurting When Slicing and Dicing

Fingers slide into notches behind the shield to keep them safe from knicks and cuts.

[Amazon.com: ZOCONE 2 PCs Finger Guard For Cutting Kitchen Tool Finger Guard Stainless Steel Finger Protector Avoid Hurting When Slicing and Dicing Kitchen Safe Chop Cut Tool \(PH0088\): Home & Kitchen](https://www.amazon.com/dp/B0BKRG6TZ/ref=asc_df_B0BKRG6TZ/?tag=hyprod-Amazon.com: ZOCONE 2 PCs Finger Guard For Cutting Kitchen Tool Finger Guard Stainless Steel Finger Protector Avoid Hurting When Slicing and Dicing Kitchen Safe Chop Cut Tool (PH0088): Home & Kitchen)



Pizza cutters with protective blade cover are an alternative to knife, while providing the cutting power.

Alternative to using a chef's knife for limited hand strength. Good tool for dicing and julienned cuts of food

[Amazon.com: Kitchy Pizza Cutter Wheel with Protective Blade Cover, Ergonomic Pizza Slicer \(Green\): Home & Kitchen](#)



Tool to help chop vegetables and fruit with one hand. Chopped ingredients are contained in a bowl for easy transfer and cleaning.

[Amazon.com: Fullstar Vegetable Chopper - Spiralizer Vegetable Slicer - Onion Chopper with Container - Pro Food Chopper - Slicer Dicer Cutter - \(4 in 1, White\): Home & Kitchen](#)



Rocker knife for limited hand mobility.

Tool for utilizing one hand or limited hand control.

[Amazon.com: Checked Chef Mezzaluna Knife - Rocker Knife, Mincing Knife, and Mezzaluna Chopper w/Single Blade and Cover/Sheath - Vegetable Cutter & Salad Chopper: Home & Kitchen](#)



Pan holder/pot stabilizer for one-handed stirring.

Spill or tipping prevention for stove top cooking

[Amazon.com: Sammons Preston Folding Pan Holder, Pot Stabilizer for One-Handed Stirring, Secure & Stable Kitchen Aid for Pan & Pot Turn Prevention, Spill Prevention for Stove Top Cooking : Home & Kitchen](#)



Silicone Oven Rack Push/Pull Tool, Red

Tool to help prevent burns when pulling out and pushing racks from the oven.

[Amazon.com: Norpro 1229 Silicone Oven Rack Push/Pull Tool, Red: Microwave Oven Accessories: Home & Kitchen](#)



Plastic cutting board with spikes keeps food from moving when cutting foods.

Aids with people with limited had strength to hold food with one hand and cut with the other.

[Amazon.com: Homecraft Plastic Spread Board with Spikes, Food Tray with L Shaped Corner and Optional Stainless Steel Spikes Hold Food in Place While Cutting and Spreading, Kitchen Aid for Limited Use of One Hand : Home & Kitchen](#)

Children's Mercy Hospital Epilepsy Center and Nutrition Services, Occupational Therapy
With recommendations from Ability KC.
Chef Rachel Finn/ Kelly Grabendike 3/24



Egg Cracker Egg Shell Opener, Stainless Steel Eggshell Cutter Egg Separator

[Amazon.com: FrideMok Quick Egg Cracker Egg Shell Opener,Stainless Steel Eggshell Cutter Egg Separator Creative Kitchen Tools \(Silver\)](https://www.amazon.com/FrideMok-Quick-Egg-Cracker-Egg-Shell-Opener-Stainless-Steel-Eggshell-Cutter-Egg-Separator-Creative-Kitchen-Tools-Silver)



Dycem sheets. Nonslip, sticky surface used to keep food and equipment from moving. Sheets are reusable.

These sheets can be used for many applications other than cooking. Bowls, plates, art projects will keep from sliding off the surface.

https://www.amazon.com/Material-Silicone-Baking-Drawer-Counter/dp/B0BW9CW8HK/ref=sr_1_2?dib=eyJ2IjoiMSJ9.UJZNXqF2xUmBt90nLahKmPyZVwubqBgsb_GTHFIG6SMzyDwz_UlhaPGZSgDiW-HR3LNclMXQDZhpWdlVlwwARB.JiCPtot0qLZ2JixWKi8iuf1uoi-567u1mDs8tDNk1ounZ65lfz4pBJ0VrXBEIketh6LwJOCbTe0TntFMmdaWJXIDdC1_vU8x3tc1n7I29V3CeLDWu2I3K7nYPas-mTJ8zo9mH8NijeZJSF0sokKI_bnXTnXWd8wIEWcSbWeE6qmYQwnjxh6IfRP0ii_VO0h0o0AdBRoW1J_grLaC8j3hg.KPnyWzSbyqwedB_WvOnWfUAel8a3lcmRuk7VnxlVeac&dib_tag=se&hvadid=616856952882&hvdev=c&hvlocphy=9023221&hvnetw=g&hvqmt=e&hvrnd=13516471260793814794&hvtargid=kwd-1231585790&hydadcr=3055_13603911&keywords=dycem&qid=1709826149&sr=8-2-spons&sp_csd=d2lkZ2V0TmFiZT1zcF9hdGY&psc=1



Water Bottle Cleaning Brush Glass Cup Washer with Suction Base Bristle Brush

[Amazon.com: Water Bottle Cleaning Brush Glass Cup Washer with Suction Base Bristle Brush for Beer Cup, Long Leg Cup, Red Wine Glass and More Bar Kitchen Sink Home Tools Grey : Home & Kitchen](https://www.amazon.com/Water-Bottle-Cleaning-Brush-Glass-Cup-Washer-with-Suction-Base-Bristle-Brush-for-Beer-Cup-Long-Leg-Cup-Red-Wine-Glass-and-More-Bar-Kitchen-Sink-Home-Tools-Grey-Home-Kitchen)



Reusable Toaster Bags

One of the best finds. Toaster bags can be used to make quesadillas, toast sandwiches, reheat pizzas. Omelets can be made in these reusable bags.

<https://www.amazon.com/Reusable-Non-Stick-Sandwich-Washable->

[Microwave/dp/B09XFPVGK8/ref=sr_1_2_sspa?dib=eyJ2ljojMSJ9.TGtKbVDfojyOAc7toq640DR501SfpDhLkGW3e4Y16thM3ZC_hVCmN9etqySBCiOtfXzE_817K9pfi4pNqr4uwlzmK5i-gOVta1MYdfvrVx3IsxoSayOSHhwYgfIE4WB8T5bsJzwNCLlv2U6rXMgfuafqStQl1dIA8240cvuHH-l-hfqRGucRyzwmFK-4QwfeHzpBJ76m0ECUWnmDR6IQ9994XB-3txzxU4vYQUgTCOqYCMOC4cbCWwQl_VXIIUyYqrqIgmZHT83uVO_cuVnleLanay3kgjxDxdGpDE.ro13U5vqm0T73zkv1C0vdvK_E-2s5GdxYwjShBrqxxg&dib_tag=se&hvidid=570527997316&hvdev=c&hvlcophy=9023221&hvnetw=g&hvqmt=e&hvrnd=8715074188431866890&hvtargid=kwd-314464505907&hydadcr=5353_13187136&keywords=toaster+bag+reusable&qid=1711132424&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1](https://www.amazon.com/Microwave/dp/B09XFPVGK8/ref=sr_1_2_sspa?dib=eyJ2ljojMSJ9.TGtKbVDfojyOAc7toq640DR501SfpDhLkGW3e4Y16thM3ZC_hVCmN9etqySBCiOtfXzE_817K9pfi4pNqr4uwlzmK5i-gOVta1MYdfvrVx3IsxoSayOSHhwYgfIE4WB8T5bsJzwNCLlv2U6rXMgfuafqStQl1dIA8240cvuHH-l-hfqRGucRyzwmFK-4QwfeHzpBJ76m0ECUWnmDR6IQ9994XB-3txzxU4vYQUgTCOqYCMOC4cbCWwQl_VXIIUyYqrqIgmZHT83uVO_cuVnleLanay3kgjxDxdGpDE.ro13U5vqm0T73zkv1C0vdvK_E-2s5GdxYwjShBrqxxg&dib_tag=se&hvidid=570527997316&hvdev=c&hvlcophy=9023221&hvnetw=g&hvqmt=e&hvrnd=8715074188431866890&hvtargid=kwd-314464505907&hydadcr=5353_13187136&keywords=toaster+bag+reusable&qid=1711132424&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1)



Push button cannisters

For storage and easy to identify products.

[https://www.amazon.com/OXO-Grips-3-Piece-Container-](https://www.amazon.com/OXO-Grips-3-Piece-Container-Value/dp/B07TCQN5NZ?dchild=1&keywords=pop%2Boxo%2Bcontainer&qid=1614011970&sr=8-7&linkCode=sl1&tag=accessibleche-20&linkId=53a3e19de79e550bf41e789d8edfb06a&language=en_US&ref=as_li_ss_tl&th=1)

[Value/dp/B07TCQN5NZ?dchild=1&keywords=pop%2Boxo%2Bcontainer&qid=1614011970&sr=8-](https://www.amazon.com/OXO-Grips-3-Piece-Container-Value/dp/B07TCQN5NZ?dchild=1&keywords=pop%2Boxo%2Bcontainer&qid=1614011970&sr=8-7&linkCode=sl1&tag=accessibleche-20&linkId=53a3e19de79e550bf41e789d8edfb06a&language=en_US&ref=as_li_ss_tl&th=1)

[7&linkCode=sl1&tag=accessibleche-20&linkId=53a3e19de79e550bf41e789d8edfb06a&language=en_US&ref=as_li_ss_tl&th=1](https://www.amazon.com/OXO-Grips-3-Piece-Container-Value/dp/B07TCQN5NZ?dchild=1&keywords=pop%2Boxo%2Bcontainer&qid=1614011970&sr=8-7&linkCode=sl1&tag=accessibleche-20&linkId=53a3e19de79e550bf41e789d8edfb06a&language=en_US&ref=as_li_ss_tl&th=1)

Palm held peelers



Protects fingers from knicks and cuts for limited hand mobility and strength.

[https://www.amazon.com/Chefn-PalmPeeler-Vegetable-Peeler-](https://www.amazon.com/Chefn-PalmPeeler-Vegetable-Peeler-Wasabi/dp/B073SKB8ZS?dchild=1&keywords=palm%2Bpeeler&qid=1614012047&sr=8-2&linkCode=sl1&tag=accessibleche-20&linkId=ae22c7e724b78ffa6cd8a8e7aa5eb485&language=en_US&ref=as_li_ss_tl&th=1)

[Wasabi/dp/B073SKB8ZS?dchild=1&keywords=palm%2Bpeeler&qid=1614012047&sr=8-](https://www.amazon.com/Chefn-PalmPeeler-Vegetable-Peeler-Wasabi/dp/B073SKB8ZS?dchild=1&keywords=palm%2Bpeeler&qid=1614012047&sr=8-2&linkCode=sl1&tag=accessibleche-20&linkId=ae22c7e724b78ffa6cd8a8e7aa5eb485&language=en_US&ref=as_li_ss_tl&th=1)

[2&linkCode=sl1&tag=accessibleche-20&linkId=ae22c7e724b78ffa6cd8a8e7aa5eb485&language=en_US&ref=as_li_ss_tl&th=1](https://www.amazon.com/Chefn-PalmPeeler-Vegetable-Peeler-Wasabi/dp/B073SKB8ZS?dchild=1&keywords=palm%2Bpeeler&qid=1614012047&sr=8-2&linkCode=sl1&tag=accessibleche-20&linkId=ae22c7e724b78ffa6cd8a8e7aa5eb485&language=en_US&ref=as_li_ss_tl&th=1)

Multitask timer



Timer can be set for multiple tasks with dry eraser to help keep track of tasks.

[https://www.amazon.com/Taylor-Precision-Products-Four-Event-](https://www.amazon.com/Taylor-Precision-Products-Four-Event-Whiteboard/dp/B006OK7RRO?dchild=1&keywords=multi%2Bevent%2Btimer&qid=1614012419&s=home-garden&sr=1-2&linkCode=sl1&tag=accessibleche-20&linkId=00f78811fa5abd064d58c8c2bc605aba&language=en_US&ref=as_li_ss_tl&th=1)

[Whiteboard/dp/B006OK7RRO?dchild=1&keywords=multi%2Bevent%2Btimer&qid=1614012419&s=home-garden&sr=1-](https://www.amazon.com/Taylor-Precision-Products-Four-Event-Whiteboard/dp/B006OK7RRO?dchild=1&keywords=multi%2Bevent%2Btimer&qid=1614012419&s=home-garden&sr=1-2&linkCode=sl1&tag=accessibleche-20&linkId=00f78811fa5abd064d58c8c2bc605aba&language=en_US&ref=as_li_ss_tl&th=1)

[2&linkCode=sl1&tag=accessibleche-20&linkId=00f78811fa5abd064d58c8c2bc605aba&language=en_US&ref=as_li_ss_tl&th=1](https://www.amazon.com/Taylor-Precision-Products-Four-Event-Whiteboard/dp/B006OK7RRO?dchild=1&keywords=multi%2Bevent%2Btimer&qid=1614012419&s=home-garden&sr=1-2&linkCode=sl1&tag=accessibleche-20&linkId=00f78811fa5abd064d58c8c2bc605aba&language=en_US&ref=as_li_ss_tl&th=1)



Angled 2 cup measuring cup

easy to read from above measuring cup.

https://www.amazon.com/OXO-Grips-2-Cup-Angled-Measuring/dp/B00005RKOE/ref=sr_1_2_sspa?dib=eyJ2ljojMSJ9.JppBTh5ZIDNKx4DaW73uLkPLSjMvz4iRFwT0TfEdEvUnGraTj1bzEjRqPQznEotrih8sXdJ0SGtFY9an3ZP4uuOsYn1dUbKZFmFZquAspYb2yEXfcHw7My0l-5mRBTKr7STBuX5Jwa2z7dlk-wiqNBavq5a11WwV30hYTBt8UP4UhYlh0QmZTKG6WPqzdYBlcsSsUFvrht7OQU9_Q0yseO-9MgtbUEcMSz8hKgCCiLGiLEiQX_OyPRMvOGnqbZal65cGKXQ22SNoKgBE1vwRHILULyXhwMCMCMh01L9QUU.4xLuxNB4_aH&B2S4MSsWmlng3S_LEXPXIFa_jcdrX8ik&dib_tag=se&hvadid=529568983844&hvdev=c&hvlocphy=9023221&hvnetw=g&hvqmt=b&hvrnd=802118737528928122&hvtargid=kwd-305641186063&hydadcr=28548_10703939&keywords=liquid%2Bmeasure%2Bcontainer&qid=1711571230&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1



Liquid Tablespoon Measuring Cup

Visually easier to read and easy of holding a measuring utensil in place of traditional measuring spoons. Found in department stores or grocery stores.

https://www.walmart.com/ip/Mainstays-1-4-Cup-BPA-Free-Plastic-Mini-Measuring-Cup-Black-Transparent/24663576?wmlspartner=wlp&selectedSellerId=0&w13=2490&adid=222222227724663576_117755028669_12420145346&wmlspartner=wmlt&w0=&w1=g&w2=c&w3=501107745824&w4=pla-306310554666&w5=9023221&w6=&w7=&w8=&w9=pla&w10=8175035&w11=local&w12=24663576&w13=2490&veh=sem_LIA&qclsrc=aw.ds&adid=222222223724663576_117755028669_12420145346&w0=&w1=g&w2=c&w3=501107745824&w4=pla-306310554666&w5=9023221&w6=&w7=&w8=&w9=pla&w10=8175035&w11=local&w12=24663576&veh=sem&qad_source=1&qclid=EAAlQobChMlosuF_KOVhQMV-TbUAR25NQ6vEAQYAiABEgLfifD_BwE



Color-coded measuring cups and spoons

These tools assist with the cognitive aspects involved in cooking. Mathematical tasks like measuring can be difficult but are made easier by big labels



Opening: To open cans without leaving a sharp edge, use this smooth edge opener



1" x 12" Dowel Rod

used as a rolling pin.

Purchased at hardware store. Fits smaller hands, allows for better control.



Oven Mitts

necessary in the kitchen which will protect hands from touching hot equipment and surfaces. Find mitts that fit the hand and are easy to grasp plates, skillet, pots, and other items. Cloth and silicone are available.