



Independent Living Centre Kingston Disability Resources and Support

GENERAL RECOMMENDATIONS

- Microwave oven at countertop height with open counter space
- Stove top with controls at front or side to eliminate dangerous reaching
- Open space under sink and cooktop to allow use from seated position
- Consider direction of appliance door opening to allow ease of access around kitchen
- Electrical outlets installed within easy reach from seated position
- Wall mounted oven
- Refrigerator/freezer with frozen food storage at bottom or side by side
- C or D-shaped handles instead of knobs for cabinets and drawers
- Make sure there is enough turning space
- Task light over sink, stove or work surfaces
- Various countertop/work surface heights



Wall mounted oven and various height counter top workspace.



Open space under sink and cooktop. There are also cabinet doors that close when space under sink is not in use.

GENERAL RECOMMENDATIONS CON'T

- If you prefer to have cabinet doors instead of an open space –installing retractable sliding doors to close when space not being used
- Slap chop for easier chopping
- One touch can openers
- Food processors
- Keurig/Tassimo or similar functioning Coffee Makers (eliminates use of kettle)
- Store items frequently used in bottom cupboard



Cabinet doors revealing open space under sink



Slap chop - for chopping and dicing without a knife



Can opening in one touch



Easy to use coffee makers eliminate use of kettle which can be dangerous.

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