

Small Aids for the Kitchen

The pictures below are examples of useful gadget to assist with kitchen tasks and are available from a range of online and high street retail outlets.

Different Search Terms –

Bottle opener

Jar twister

Adapted knife

Spill not jar opener

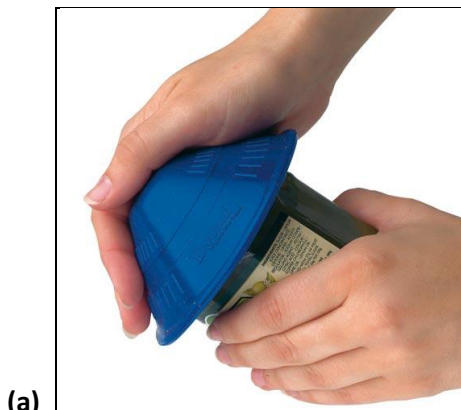
Can multi opener

Jar opener

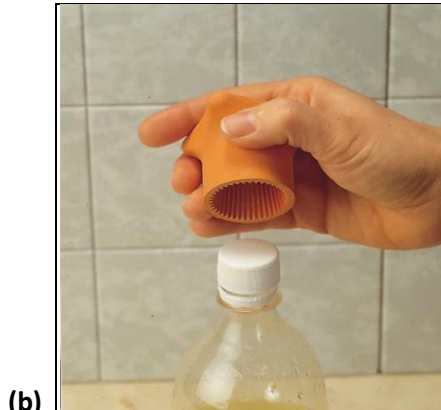
Jar Key

Dycem Jar opener

Food basket



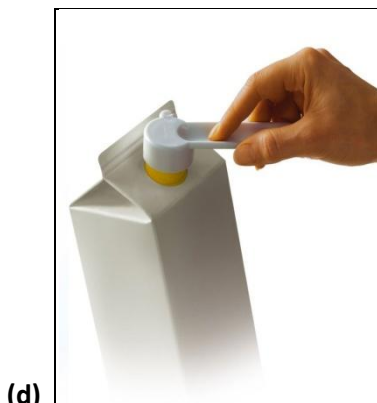
(a) Jar opener



(b) Bottle opener



(c) Jar Key



(d) Bottle opener



(e) Adapted knife



(f) Dycem



(g) Spill not



(h) Food basket



(i) Multi-opener

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- **Points to consider:**
- **Keep in mind the grip and strength in your hand and joint protection techniques. Look out for an opener with good grip material with a comfortable hand hold or one which includes a lock position; this allows you to lock the grip once the object has been grasped. Try to avoid handles that are too small and do not evenly distribute the load across all your fingers which may be painful.**

Many of items highlighted are available from a range of online and high street retail outlets. The following supplier list is for guidance. Search terms are listed above.

- **Amazon: www.amazon.co.uk**
- **Ebay: www.ebay.co.uk**
- **Co-operative Mobility: www.co-opmobility.co.uk (Revo reach grip lock)**
- **Argos: in store or www.argos.co.uk (handy reacher)**
- **Boots: www.boots.co.uk**
- **Able2 catalogue: www.able2.eu (long handle reacher)**
- **NRS Health care: www.nrshealthcare.co.uk (Combi Reacher)**