



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Getting around in the kitchen

As you get older, you may experience problems as you go about day to day tasks in the kitchen, preparing meals and cleaning. Strains and injury can occur through bending or reaching for items (for instance bending to get food out of the oven); opening, lifting and carrying items; and from general fatigue caused by standing for long periods, whilst cooking or washing-up for instance.

As physical problems increase with age, these tasks can start to impact your ability to function independently and safely in the kitchen.

Solutions

- Store frequently used items at an **easily accessible height** in the kitchen to avoid unnecessary bending or reaching.
- Replace kitchen cupboards with **drawer style storage**.
- **Avoid climbing** onto step ladders to access higher cupboards.
- Use **grabbers** or **reachers** to access hard-to-reach places.

People who can help

Occupational Therapist: Advise on kitchen design and can provide assistive devices that may be helpful.

Physiotherapist: Suggest exercises for mobility & standing tolerance.

Family & volunteers: Assist with providing adaptations to kitchen cupboards or re-organising storage.

For a free fall risk assessment and tips on preventing falls:
www.stopfallsathome.com.au