

Hints and Tips for lifting saucepans and straining vegetables

Keep on trying

> Eating well at any age is important but may become difficult over time due to wrist and hand pain and lack of strength. Here are some options that may help retain your ability to do this task.

> There is strong evidence that muscle strengthening activities are good for all ages and can help with tasks such as this.

Here is one to try **Wrist and Grip Strengthening** - This exercise can make it easier to open jars and hold things in the kitchen without dropping them. Fold or roll your band into a tube shape. Sit or stand tall. Squeeze and twist your resistance band, holding for a slow count of 5, then release. Repeat this exercise 6-8 times. Aim to do it every other day. If you do not have a resistance band use a pair of thick tights or a tea towel.

If you are being helped with a wrist condition from a professional, always seek their advice before trying a new exercise.

Preparation

> Make sure you have everything to hand and that the worktop and sink are clear of clutter to make it easier and safer for yourself.

> Please make sure that the kitchen floor and all pathways in and out of your kitchen are clear. Make sure the kitchen is well light.

Comfort

> Using both hands to lift the saucepan may help with heavier saucepans.

> If you find your saucepan too heavy and your difficulty is pouring from your saucepan use a smaller lighter saucepan.

Equipment

> Reducing the need for more than one pan can be achieved by using pan separators that can be lifted out separately. Note: handles may become hot.

> Use a smaller lighter saucepan.

> Alternatively, you could place your vegetables into a bowl and use the microwave.

Safety

- > If you are feeling unwell, breathless or are unsure/worried about your safety, please make sure there is someone else within earshot of you in case you are in need of assistance.
- > If you cook with gas, make sure the flames do not go up the side of the saucepan as this may result in the handle becoming too hot to hold.
- > Take your plate to the saucepan and serve your food straight from the saucepan using a slotted spoon this avoids the need to lift and move heavy saucepans.
- > After serving food from the saucepan, if you still have difficulty lifting and emptying it, allow the water to cool and then use a jug or cup to decant it into the sink. Alternatively slide the pan across the worktop to the sink.
- > If your sight is severely restricted, you should seek advice on this problem; for example, from the RNIB.