

Kitchen Appliances to Make Life Easier for Elderly

Time never stops for anyone and growing old with time is the part of life. Growing old leads to various changes in human body and in most of the cases makes the person weak, exhausted and full of tiredness. Cooking is a hard nut to crack for elders. They find it difficult to do the household chores like cleaning, cooking, washing dishes, etc. Earlier there was no technology to help the people with health problems and growing age. But now the technology has improved to serve the mankind.



Kitchen Appliances to help elders

The kitchen is the most important part of every household. It is a place where delicious meals and good memories are made but cooking can be a tiresome experience for elderly people. Things like reaching a shelf or opening a jar which appears easy when one is young can become tough task with age. Some appliances for elderly which are ideal for safe and easy [cooking with limited hand strength](#) are mentioned below:

Jar Opener

Jar openers are essential part of a senior's kitchen. A number of jar openers are available in the market, both online and at the stores. There are also jar openers especially designed for people suffering from arthritis and the elderly. One should always choose a jar opener with a good grip so that it could open jar lids of various sizes.

Reaching Stick

This tool is also known by other names like a grabber stick or a pick-up tool. This stick helps the people to reach to the items placed on the shelves or to pick

up items from the floor. This tool is a must have for elderly people suffering from arthritis or back pain.

Cut-resistant Gloves

Use of knives and other sharp objects while cooking can lead to injuries. Cut-resistant gloves help to protect the hands of seniors from cuts and injuries.

Auto Shut-off Stoves

With growing age, people tend to forget things. They often forget after placing something on the stove which can be dangerous. So, in order to solve this problem, auto shut-off stoves are of great help as they automatically shut-off the stoves and prevent fires.

Rocker Knife

A rocker knife is a very famous and convenient kitchen tool by which one can cut vegetables or other things in a rocking motion using one hand. It is a very efficient and helpful tool for elderly.

Cooking can be an exhausting experience when one grows older. A little modification in kitchen and appliances for elderly can help the elders to make cooking at least bearable. Cooking is passion for many when they are young but as body grows older, various diseases can attack it making it weaker and less efficient. Hope the kitchen appliances mentioned in this article could help the elders in their kitchen.