

Equipment Information for Eating and Drinking

Being able to eat and drink independently can be difficult for some people. Children as well as adults may need to use equipment that can give them independence at meal times. To help with 'shakes' for instance, weighted cutlery can be of enormous help. Also, specially shaped drinking cups or cups with spouts can help people gain control over their liquid intake.

Staff at Disabled Living aim to help and give advice on products and equipment that may help make daily living both easier and safer.

The Equipz team have extensive knowledge of national and local suppliers of equipment and can offer practical advice and details of where to get most disability products.

Disabled Living has on loan from companies, 100's of different types of disability equipment.

If you wish to try the equipment and to speak at length with an Occupational Therapist about equipment suitable for your needs please telephone Disabled Living for an appointment on:

0161 607 8200

Or email a member of the Equipz team at: equipz@disabledliving.co.uk

In order for staff to give you the right information please include in your email the area where you live or work.

Eating and Drinking Equipment

If a disabled person has problems with conventional cutlery and crockery, there may be a piece of equipment that can make eating and drinking easier.

Plate Guards

- Weighted, shaped or angled cutlery
- Drinking straws with a non-return valve
- Specially designed, shaped and spouted cups
- Double handled mugs and cups
- Specialist feeding equipment

Kitchen Equipment

Disabled people may find using conventional height kitchen work tops and food preparation equipment difficult. The right type of equipment can make life easier.

- Height adjustable kitchen units
- Jar, tin and bottle openers
- Specially shaped kitchen utensils-knives, graters, spatulas and peelers etc
- Food preparation and cutting boards
- And lots more

Second-hand Equipment

Almost all equipment can be bought second-hand. This is a good way of saving money if the equipment is in good working order and is a fraction of the cost new. But do be aware that second-hand goods will have a shorter life-span than new products. Also that any warranties may have run out or may not be transferable to another owner.

Where to get Equipment from

There are now many high street shops that sell a vast range of equipment. But could you be buying something you are entitled to get from either the NHS or Local Social Services? The offer of equipment from these services is limited. So if you are in hospital ask to see the hospital Occupational Therapist, if you are at home, contact your local Town Hall for your nearest Social Services Department and if you are in residential care ask the Care Manager. Alternatively visit Disabled Living's Supplier Directory ([Link](#))

ALWAYS CHECK

- The second-hand goods you are buying are in a good state of repair
- Check no removable parts are missing
- Ask for the original instructions
- Ask to see the equipment working
- Ask about any contacts the seller may have that could service or repair the equipment

But perhaps most important of all-don't buy something because it's cheap; buy it because it is safe and suitable for you to use.

Disabled Living advise that people obtain guidance from an Occupational Therapist or other such healthcare professional before purchasing disability equipment.