

CPT- Meal Preparation Group

Purpose

- To facilitate safe light meal preparation

Admission Criteria

- Free of illness or isolation precautions
- Perform simple tasks at minimum assistance level
- Short BCAT 16 / ACL of 4.0 or greater
- Desire / Need for meal preparation at discharge destination

Objectives/Goals

- Facilitation of motor planning, sequencing, fine motor skills
- Facilitation of balance- sitting or standing, functional reach
- Assess/Train on use of AE

Suggested Materials List

- Reacher
- Utensils
- Hot pads
- Food – mix, oil, eggs, peanut butter, etc.

Suggested Activities

- Assembly of ingredients, equipment
- Measuring / Mixing
- Serving
- Clean up
- Baking: cakes, cookies- gathering all needed items from cabinets, drawers, utensils / measuring ingredients, mixing, pouring batter, etc...
- Smoothies- retrieving blender from cabinets, cutting fruit, vegetables / measuring ingredients, retrieving glasses / pouring
- Sandwiches: retrieving items from refrigerator / plates from cabinets / gathering / utensils cutting

Designated Time/Place

- Therapy Kitchen

Transportation

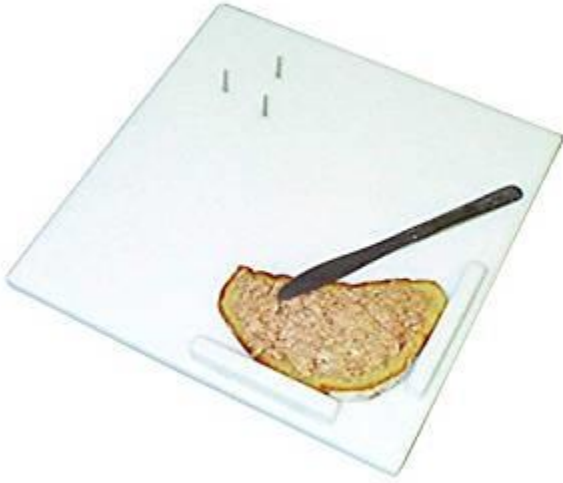
- W/C
- Ambulation

PLEASE REMEMBER: The oven can be used for baking purposes, but at no time can the cooktop be used as a heating element (not even for boiling water).

Failure to comply violates NFPA 101 and can be written up by both IDPH and the Fire Department.

Review options for adaptive equipment:

Adaptive cutting boards:



Rocker knife:



Automatic jar opener:



Safe step stool:



Hands free bag holder:

