



## Care environments: Kitchen

- Principle 9:** Include artwork and other objects that reference the purpose of the space.
- Principle 5:** The aroma of percolating coffee or freshly baked bread is a wonderful form of sensory stimulation. It also acts as a sensory cue for orientation since the aromas are readily associated with the kitchen.
- Principle 1:** Instead of a conventional cook-top use an induction cook-top. It minimises the risk of burns and supports open access.
- Principle 1:** Safety devices in the kitchen include a master cut off switch and removable oven knobs.
- Principle 7 and 10:** Provide opportunities for familiar and meaningful engagement such as drying and storing the dishes away after a meal. **Principle 3:** Be mindful of not creating a fire hazard.
- Principle 5:** Allow for ample daylight into the space through windows and skylights. Ensure an even distribution of light to achieve a minimum general light level of 600 lux.
- Principle 3:** Ensure that kitchens are fitted with glass-fronted cabinets to allow for the quick and easy location of items inside kitchen cupboards. Use toughened glass to reduce the risk of glass breaking and causing harm. Open shelving can also allow for items to be found easily.
- Principle 3:** Label cupboards and drawers so that the contents can be identified with ease.
- Principle 10:** Encourage meaningful domestic activity by placing frequently used items on the kitchen bench top where they can be seen easily.
- Principle 3:** Use indicators for identifying hot and cold water taps such as red and blue tap tops. **Principle 1:** For temperature control use thermostatic mixing valves or hot water cut off devices to prevent scalds from very hot water.
- Principle 10:** Create a kitchen work space so people can be engaged in the activities of the kitchen either actively or passively.
- Principle 5:** Make the cooking experience more enjoyable by introducing positive sound to the kitchen. Play soothing music and tailor the choice of music to those who are there. **Principle 4:** Alternatively, control unwanted stimuli by switching the radio off if it isn't needed.
- Principle 1:** A sliding door can be used to close the kitchen off when necessary. Match the colour of the door to the surrounding countertop to ensure that it is discreet.
- Principles 3:** Choose appliances such as dishwashers, with low decibel noise output to reduce excess stimuli in the environment.