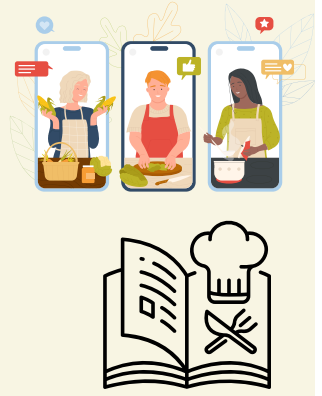


Kitchen Safety



Equipment Ideas

Alternative Cooking appliances



Lighting



Stove Shut off



Sensors



Recipes



Strategies

Technology or smart home devices can be another tool or support to help out with daily tasks in the kitchen.

- Use smart speakers (i.e. Google, Alexa) to set timers and reminders.
- Smart speakers can also be used to add items to a grocery list, convert measurements, start step-by-step recipes, listen to music or video chat while cooking.
- Consider alternatives to stoves: air fryer, crockpot, induction burner, etc. which might also work with auto shut-off devices.
- Use an induction burner that only gets hot when the right pot is placed on it and turns off after removing it.
- Use sensors to turn off a stove or send an alert if it does not detect any movement from the cook.
- Good lighting both at the counter level and down by the feet may be helpful.
- Food expiration cues or labels.



Online Resources

- <https://www.bestbuy.ca>
- <https://www.amazon.ca>
- [Google Nest, build your connected home – Google Store](#)
- <https://iguardfire.com>
- <https://www.tochtech.com/smarturns-cooking-safety/>
- <https://www.fireavert.com>
- [BN-LINK Indoor Countdown Timer with Repeat Function, Heavy Duty Accurate Compact Size for Charger Vacation Security, 3-Prong Grounded Outlet, 15A/1875W ½ HP ETL Listed : Amazon.ca: Home](#)
- <https://ovie.life>

- Smart lights, strip lights
- Compatible with Alexa and Google Home
- Home automation Stove guard, auto stove shut off, smart stove knobs
- Timers
- Automatic shut-off appliances or outlet
- Simple touch auto shut off outlets

Key Words for Online shopping or setup guides



For more information contact your Occupational Therapist:

OT Name: _____

Contact: _____

Examples, not an exhaustive list as of March 2025