

Independence Skills

It is important for young people with visual impairments to develop the skills required to meet the demands of everyday life. These tips are drawn from national charities like Guide Dogs, RNIB and Sight Scotland and from working alongside qualified habilitation specialists who are so generous with their knowledge and expertise.

Ironing tips for young people with a visual impairment.

Using a silicone iron guard from Planit Products (£2.99 + delivery)

<https://www.planitproducts.co.uk/ironsafe> can make ironing safer for young people with sight loss. It helps protect hands from getting burnt on the hot part of the iron.

Remember to practise with a cold iron so a pupil can get a feel of the movement and weight of an iron. See Guide Dogs webpage for advice: <https://www.guidedogs.org.uk/getting-support/information-and-advice/life-skills/independent-living-skills/independent-living-skills-for-personal-care/how-to-iron-with-a-vision-impairment/>

In this video, a pupil with visual impairment demonstrates how to iron safely.
<https://sightscotland.org.uk/articles/information-and-advice/how-iron-safely>

Food preparation

Some useful tips

- Prepare ingredients before starting to cook.
- Clear away all clutter and put out the equipment and food you need so worksurfaces are clear and organised.
- If possible, use scissors rather than knives to cut up and prepare food.
- When cooking something in boiling water use a small chip pan basket or metal sieve with a handle to lower the food into a saucepan. It is then much easier to remove and drain as well.
- Ensure good lighting levels. Ensure good colour contrast – red tomatoes on a white chopping board.
- See Guide Dogs webpage for advice: <https://www.guidedogs.org.uk/getting-support/information-and-advice/life-skills/independent-living-skills/independent-living-skills-at-home/preparing-meals-and-snacks/>
- See Henshaws for video on tips for cooking with a visual impairment
<https://www.youtube.com/watch?v=ZQFQjYnDsn8&list=PLokk8ppdFLOvufRxxZpxMMBbNftQx0Glo&index=23>

Useful equipment for food preparation – Children should learn special techniques for preparing food, e.g. mastering the bridge technique for chopping with a knife. Using both adaptive kitchen equipment or equipment in different ways can help when preparing and cooking food.

Talking scales – My Weigh Talking Kitchen Scale - £56.86

https://www.amazon.co.uk/dp/B00CC01GRC/ref=as_li_ss_tl?language=en_US&ie=UTF8&linkCode=g_s2&linkId=d406d70d05c843e4b9083779513ffeaf&tag=theworkoutdig-21

Dychem mats (for keeping mixing bowls steady, chopping boards in place) – Dychem mat - £18.90

<https://shop.rnib.org.uk/dychem-medium-oblong-non-slip-mat-red-2614?DK81>

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Food prep board (to secure soft fruit and vegetables, cheese and bread) with 3 raised edges to prevent food 'falling off' - £23.99 <https://shop.rnib.org.uk/large-non-slip-food-preparation-board-red-2598>

Easy to see measuring jug with tactile and braille markings - £23.40 <https://shop.rnib.org.uk/easy-to-see-measuring-jug-with-braille-tactile-gauge-91227>

Talking measuring jug - £46.95 <https://shop.rnib.org.uk/talking-measuring-jug>

Liquid Level indicator (to safely pour hot/cold liquids without over filling) - £13.50
<https://shop.rnib.org.uk/rnib-liquid-level-indicator-audible-vibratory>

Ergonomic vegetable peeler set - £15.60 <https://shop.rnib.org.uk/vegetable-peeler-set-2586>

Vegetable slicer comb (to secure vegetables in place whilst you slice) £3.75 available from ebay or metal afro comb £4.49 amazon.co.uk

https://www.amazon.co.uk/dp/B074P31TWC/ref=sspa_dk_detail_2?psc=1&pd_rd_i=B074P31TWC&pd_rd_w=kdBYK&content-id=amzn1.sym.1d17a7d9-68f2-46c6-a55b-f888c57f8c2e&pf_rd_p=1d17a7d9-68f2-46c6-a55b-f888c57f8c2e&pf_rd_r=9YFHRZ9ADMHHQBYC7JPJ&pd_rd_wg=9trgo&pd_rd_r=cd1b615a-1dc5-4bb2-9225-c5abb8ee46c7&s=beauty&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzNE05TTE0UFpZT0cwJmVuY3J5cHRlZElkPUEwOTA1NDE5MVdStktLVjVQ1MyMiZlbnNyeXB0ZWRRBZEIkPUEwNTQ4NjA5MUNWSkNCWDUwStHPTCZ3aWRnZXROYW1IPXNwX2RldGFpbCZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=

Vegetable slicer – OXO Good Grips Mandoline Slicer (with finger guard) £18.99 Lakeland
<https://www.lakeland.co.uk/15380/oxo-good-grips-mandoline-slicer>

Vegetable chopper – OXO Good Grips Vegetable Chopper £22.49
<https://www.lakeland.co.uk/71653/oxo-good-grips-vegetable-chopper>

Finger guards (to protect fingers from sharp knives) - £2.99
https://www.amazon.co.uk/ProtectProtector-Protection-Stainless-Kitchen/dp/B0826VBJN8/ref=pd_sbs_5?pd_rd_w=cpGPm&pf_rd_p=2cc879b3-0437-401a-870d-ced07a584039&pf_rd_r=S52EEA34F2670WVMVYG9&pd_rd_r=77d29c8c-6212-4d94-8707-6b7ad4c35ff8&pd_rd_wg=oBklh&pd_rd_i=B0826VBJN8&psc=1

Timer - Kero talking timer - £17.99 <https://shop.rnib.org.uk/talking-digital-timer-kitchen>

Pan Pickle for induction hobs (holds round objects – pans, plates, bowls in place) £17.40
<https://shop.rnib.org.uk/pan-pickle-for-induction-hobs-pack-of-2-black-90181>

Heat resistant oven gloves – full sleeve - £26.70 <https://shop.rnib.org.uk/oven-gloves-full-sleeve-heat-resistant>

See Henshaws Life Hacks video on how to cut vegetables using an afro comb - <https://www.henshaws.org.uk/afrocomb/>