

TechSAge Tips

Making Cooking Easier for People with MS

Overview

Many people with multiple sclerosis (MS) want to prepare healthy meals at home, but experience challenges doing so. We interviewed 60 older adults with MS about the challenges they experience while preparing food and the tools and technologies they use to overcome these challenges. These are some of the unique tools and technologies that our participants use for cooking, which may be helpful for other people with MS to use as well.

Adaptive Knives and Plates

- These devices use curved blades, easy-grip handles, and edge guides to offer increased stability and control while chopping food.

Air Fryer

- This small convection oven cooks meals faster than a traditional oven and often requires less oil, making it ideal for cooking quick, healthy meals.

Commercial Blender

- Large commercial blenders are great for making several servings of smoothies, soups, or other meals at once.

Compact Blenders

- Nutribullets and other smaller blenders are ideal for making single portions of smoothies, sauces, or other blended foods.

Disposable Plates and Cutlery

- These can reduce the amount of cleanup needed after cooking a meal.

Grocery Ordering Apps

- Grocery ordering apps like Instacart and Grubhub can be used to have groceries delivered, which saves time, energy, and the need to arrange transportation to the store.

High Kitchen Chairs

- These can be used to sit comfortably at high kitchen countertops while cooking.

Induction Cooktop

- These cooktops only heat up when touching a pot or pan, which reduces the risk of accidental burns while cooking.

Microwave

- Microwaves can be used to quickly prepare pre-cooked meals or leftovers.

MS Diet App

- These apps can be helpful for tracking food intake or sticking to a specific MS diet protocol.

Slow Cooker

- This appliance slowly cooks meals over several hours, making it possible to prepare a full day's worth of meals in the morning.

Smart Home Assistants

- Smart Home Assistants like the Amazon Echo Show can be used to view recipes and set timers while cooking.

Sous Vide Cooker

- This appliance uses boiling water to cook food that is sealed in vacuum storage bags. It can precisely control the temperature of the water to ensure that the food is perfectly cooked.

Vacuum Sealer

- This device sucks the air out of a food storage bag, which keeps the food good for longer. This is helpful for people who prepare large batches of food to eat throughout the week.



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