

## Hints and tips for using cutlery

### General tips from our experts:

- > Before buying new cutlery, try holding your existing knife/fork/spoon differently. By doing this, you may be able to apply different amounts of pressure and may find them easier to use.
- > If you try and hold your spoon with your fingers, like how you would hold your pen, you may find it easier to pick up food, such as soup, by moving the spoon with your fingers.
- > If you have trouble using your knife, you could get someone to cut your food into bite-size pieces before you start your meal, and then just use a spoon or fork to scoop the food off the plate.
- > If you have poor sight, think about the colour of the cutlery and how it would contrast with your table/table cloth. By picking contrasting cutlery, this would help ensure that you would be able to see it.
- > If you suffer from arthritis, we suggest that you always pick cutlery with the largest and softest handles.
- > If you suffer from a tremor, we suggest that you use heavier cutlery. The more serious the tremor, the heavier the cutlery.
- > Plastic coated cutlery is useful for people that have sensitive mouths and those who tend to have a heavy bite.

- > If you normally find it easier to use cutlery where the spoon or fork end is bent to make it easier for you to get it into your mouth, you may need some assistance to bend it to the correct shape when you first get it.
- > You could try using food that is easy to eat with your fingers or try looking for cutlery that is easier to grip.