

General advice about filling and pouring from your kettle

Keep active

- > Making a cup of tea is a national past time. Over time, due to wrist and hand pain or lack of strength, it may become difficult. However, changing the way you do the task will allow you to continue making drinks.
- > There is strong evidence that muscle strengthening activities are good for all ages and can help with tasks such as making drinks. If you are being helped with a wrist condition from a professional, always seek their advice before trying a new exercise.

Preparation

- > It can be difficult to use a tap or hold the kettle whilst you are filling it. Instead, try to use a small jug to fill the kettle on the work surface. Alternatively, you could stand the kettle in the sink and wait for it to fill, then use both hands to lift it out. If you do decide to try this, it is important that you do not get the electric area wet.
- > If the difficulty is the weight of your kettle, then only fill it with the amount you need for each drink.

- > If you have fairly good eyesight, try to fill your kettle through the spout, as it is easier than taking the lid off and replacing it.
- > If none of the options above meet your needs, you could see if someone would fill the kettle for you each morning, so you can make drinks throughout the day.
- > Make sure you have everything to hand (cup, tea, sugar, milk, etc), and that the worktop and sink are clear of clutter. This will make it easier and safer to make a drink.

Comfort

- > If your difficulty is pouring from your kettle because of the weight, simply fill the kettle with enough water for one cup or to its minimum level.
- > Avoid using a teapot, as it is just another heavy item to try and lift and pour from.

Safety

- > For safety reasons, you should never hold the cup/mug when you are pouring from a kettle, as this will stop you from being potentially scalded by the boiling water.
- > Place your cup on non-slip matting to stop it moving when you are pouring into it.
- > If you have poor eyesight, do not hold your cup when pouring hot liquids, as this may cause you to scald yourself. Instead, use a non-

slip mat or wet cloth to hold your cup in position and pour with the spout close to the cup.

- > If you struggle to judge the level of water in your cup, and you are likely to overfill your cup or mug, place your cup or mug on a lipped tray to catch the overspill and prevent water spilling onto the floor.