

This printout page is also interactive:

If you are connected to the internet, clicking on a strategy will take you to the website where you can find more PCA tips and strategies.



**Simplified cutlery**



**Colour contrast tableware**



**Plate with coloured rim**



**Finger food**



**Softer foods**



**Easy to scoop food**



**Plates with a raised lip at the edge/  
deep rims**



**Two-handled mugs**



**Taking own brightly coloured travel mug when out and about**



**Drinking glasses with a logo on**



**Chunky drinking glasses**



**Mark safe default settings for oven/  
microwave**



**Microwave with a dial rather than digital display**



**Coloured liquids rather than clear**



**Washable aprons**



**Clear storage jars for tea, coffee, sugar**



**Device that buzzes when cup is full of hot water**



**Coloured stickers on microwave to indicate key buttons**



**Using a steak knife to make cutting easier**



**Clear kettle with wide mouth**