



5 Ways to Make Your Kitchen More Accessible



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If you'd like to make some changes to your kitchen, whether you want to make it more accessible to you or a loved one or simply increase its [market appeal](#), the process can seem pretty overwhelming at first. That's why [La Tiendita Essentials](#) has assembled this guide to explain all the necessary steps.

1. Plan an Accessible Layout

Great kitchen design starts with the layout. South Dakota State University [provides a guide](#) to kitchen layouts made to promote independence. It's important to prioritize plenty of space for maneuvering, especially for individuals who need mobility aids like wheelchairs. Certain styles of kitchens are ideal, including U-shaped and L-



shaped kitchens. It's also imperative to make sure the kitchen itself can be accessed (for example, by placing it on the ground floor). Also, make sure the sill, the raised part at the base of the door frame, is flattened.

2. Adjust Your Working Surfaces

When planning the layout, make sure to include a sufficient number of work surfaces. Placing an island in a U- or L-shaped kitchen will create more usable space. You can also consider a mobile island on wheels, which makes for a more versatile area. Height is also a factor when considering work surfaces. According to the National Mobility Equipment Dealers Association, [the average](#) wheelchair armrest height is about 29 inches, so the ideal range for countertop height is anywhere from 28 to 34 inches.

3. Rethink Your Storage Space

A practical kitchen needs to include plenty of [storage space](#). From kitchen accessories like blenders to dry goods, canned foods, and other cooking supplies, there is a lot to store in your cooking space. Prioritize accessible kitchen cabinets that make it easy to find, reach, and stash items. For example, cabinets shouldn't be placed too high up. Further, you may want to consider adapting cabinet handles to make them easier to open and close. C-shaped handles are generally easier to get a grip on the knobs, for instance.

4. Prioritize Easy-to-Use Appliances

You can't cook without some key appliances like a stove, oven, and microwave. A refrigerator and freezer are also necessities, ensuring you can safely store food that requires cooling. [Look for](#) accessible-friendly appliances and think about how to incorporate them into your kitchen design while planning. For example, a small refrigerator can be fit under a counter, where it's easy to reach. Adaptive kitchen aids are also worth looking into. [Examples include](#) all-purpose stools and easy-open can openers and jar pop devices.

5. Revamp Your Kitchen's Plumbing and Electric Systems

Details like the appliances, storage space, and work surfaces need to be coordinated with critical home systems like plumbing and electricity. For example,



if you move a sink from one side of the kitchen to the other, you need to ensure that there are pipes to provide water flow and drainage. You can look for [plumbing companies](#) using Angi. You'll be able to compare different professionals and find

the best option for your project. Make sure to ask for an estimate upfront so you know what to anticipate in terms of costs.

Creating an accessible kitchen is a significant project requiring serious renovations. It's best to consult a professional contractor to help you make changes like adjusting electrical wiring or revamping the layout. Getting an expert's help will make it easier to realize your dream of accessible cooking space. Use the tips above to guide the planning process.

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