

2.3 Daily Living Activities

Activity 1 – Preparing food		
<p>Notes:</p> <p>This activity considers a claimant’s ability to prepare and cook a simple meal for one from fresh ingredients. It assesses ability to open packaging, peel and chop, serve food on to a plate and use a microwave oven or cooker hob to cook or heat food. Serving food means transferring food to a plate or bowl, it does not include presentation.</p> <p>Carrying items around the kitchen or carrying food to where it will be eaten is not included in this activity.</p> <p>This activity considers the claimants functional limitations in their ability to prepare food and not the claimant’s lack of skill or opportunity to learn. If an individual cannot cook at all because they have never needed to learn, consider their ability to carry out activities at or above waist height and their cognitive ability to use a stove or microwave if shown how.</p> <p>Cooking food at waist height does not consider the ability to bend down to access an oven.</p> <p>If an individual cannot reliably complete an activity in the way described in a descriptor then they should be considered unable to complete it at that level and an alternative descriptor selected.</p>		
A	Can prepare and cook a simple meal unaided.	0
<p>Within the assessment criteria, the ability to perform an activity ‘unaided’ means without either the use of aids or appliances; or help from another person.</p> <p>As well as claimants who can prepare and cook a simple meal unaided, this descriptor also applies to claimants who do not prepare or cook through choice; claimants who make use of commonly used everyday objects such as pans with rubber grip handles for ease; or who have someone else prepare their meals through choice rather than necessity.</p> <p>If someone only eats ready meals then the HP must look at their functional ability to see what they could do. If there is nothing that would prevent them from cooking and preparing a simple meal but they use microwave ready meals out of choice, 1a would apply.</p>		
B	Needs to use an aid or appliance to be able to either prepare or cook a	2

	simple meal.	
	<p>In this activity, aids and appliances could include, for example, prostheses, perching stool, and spiked chopping boards.</p> <p>Where the claimant is reliant on pre-chopped vegetables, you should consider whether the claimant could peel and chop. If they could peel and chop with the use of an aid, they carry out preparation with aids. If the person uses pre-chopped vegetables because they couldn't peel and chop even with an aid, they need assistance to prepare a simple meal.</p>	
C	Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave.	
	<p>May apply to someone with a condition that means they cannot safely use a cooker hob, but could use a microwave oven instead - for example, a cognitively impaired person who would be likely to leave a gas cooker on.</p> <p>Someone with very frequent but predictable seizures should be able to use a conventional cooker. Claimants with unpredictable episodes may need to use a microwave due to the risk of burning themselves with a conventional cooker.</p> <p>Using an oven or bending to cook are not considerations for this descriptor.</p> <p>A claimant can only satisfy this descriptor if they can prepare a meal unaided.</p>	2
D	Needs prompting to be able to either prepare or cook a simple meal.	
	'Prompting' means reminding, encouraging or explaining by another person. For example: may apply to claimants who lack motivation to prepare and cook a simple meal on the majority of days due to a mental health condition, or who need to be reminded how to prepare and cook food on the majority of days.	2
E	Needs supervision or assistance to either prepare or cook a simple meal.	
	For example: may apply to claimants who need supervision to safely heat or cook food using a microwave oven; or to claimants who cannot safely prepare vegetables, even with an aid or appliance. This descriptor also applies to claimants who are unable to determine whether food is safe to eat – for example,	4

	<p>that meat is properly cooked – due to sensory or cognitive impairment.</p> <p>Preparation of a simple meal includes the ability to peel and chop fresh ingredients. If someone can't do this without supervision or assistance then 1e will apply.</p> <p>For claimants who experience seizures 1e might apply to those where there is strong evidence that the altered consciousness is unpredictable and that they would not reliably be able to use a microwave.</p>	
F	Cannot prepare and cook food.	
	<p>This descriptor refers to the person's functional ability in relation to any impairment and their cooking skills should not be taken in to consideration for this descriptor. If a claimant cannot cook because they have never learned but their functional ability indicates they could undertake tasks involved in preparing and cooking food then this descriptor would not apply.</p> <p><u>Descriptor 1f measures the ability to prepare and cook food. A claimant can only satisfy 1f if they can neither prepare nor cook food (even with assistance or supervision). If they cannot do one of these, even with assistance or supervision, but can do the other then one of the other descriptors will apply.</u></p> <p>Claimants who can prepare food but cannot cook it, would not satisfy this descriptor.</p>	8