

# Check your answers flow – daily living

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Does your condition affect you preparing food, or ever prevent you from doing so?

This means making a simple, one course meal for one. This includes:

- peeling and chopping vegetables
- opening tins
- cooking or heating food on a standard hob

Do consider if you can prepare food safely and without being supervised.

☐ No, never

☒ Yes

Save and continue

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Tell us about the difficulties you have with preparing food and how you manage them

Please use difficulty, please tell us:

- how often you have this difficulty. Tell us about both good and bad days
- what the difficulty is
- any jobs or tasks or things that are difficult for you
- any jobs or tasks that you can, or help you get from another person
- any jobs you help you yourself don't get

Examples

"I usually have a pain for about three weeks at a time I have difficulty remembering to turn the hob off because I get too distracted by unrelated everyday tasks. My partner sometimes goes to the kitchen to make sure I stay safe."

"One day, I have difficulty standing for more than ten minutes while preparing food because my legs are stiff and painful. I need to use a partner to help me and not the hob while preparing food."

Extra information here

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Check your answers: preparing food

Does your condition affect you preparing food, or ever prevent you from doing so?

Difficulties you have with preparing food and how you manage them

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There is no 'return to list' link on screens with a 'cancel' button

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