

# Check your answers flow – daily living

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How we contact you

Sign out

1/3

This is a new screen. You can return to the previous screen by clicking the back button.

1/3

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 ingredients
- spending time
- cooking or heating food on a standard hob

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

☐ No, never

☒ Yes

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

Please use this screen to tell us about the difficulties you have with preparing food, and how you manage them.

- how often you have difficulty, tell us about both good and bad days
- what the difficulty is
- any help or support you have for your condition
- any aids or equipment you use, or help you get from another person
- any tips you have that you think might help

**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 my other tasks. My partner sometimes goes to the kitchen to make sure I stay safe."

"Every 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 portable stool so I can rest my legs while preparing food."

Extra information here

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