

The kitchen is a busy place for any family, no matter how big or small. We all need to eat. That means storing, preparing and cleaning up. Are some tasks being skipped because they are too hard?

This list is of questions is long, but everything is not listed. Different families have different needs. Don't hesitate to add your own questions.

You can print this page for an easier interview.

- Oven/Stove
 - Can the oven door be opened safely and easily?
 - Can dishes be put in easily and taken out safely?
 - Are the controls
 - easy and safe to reach?
 - easy to grasp and turn?
 - easy to see / clearly marked?
 - easy to set?
 - Are burners easy to reach?
 - Is there enough counter space nearby for easy transfer to and from the oven or stovetop?
 - Are pots too heavy to move to and from the stove? When filled with water?
 - Can you slide pots from one burner to another?
 - Can you reach the controls for the exhaust fan?
 - Is it easy to tell when a burner is still hot?
 - Is the oven easy to clean? Is the stove top easy to clean?
- Microwave
 - Can the door be opened safely and easily? (Is it easy to reach?)
 - Can dishes be put in easily and taken out safely?
 - Are the controls
 - easy and safe to reach?
 - easy to touch or to grasp and turn?
 - easy to see / clearly marked?
 - easy to set?
 - Is there enough counter space nearby for easy transfer to and from the microwave?

- Refrigerator
 - Can the door(s) be opened easily?
 - Can you reach most of the shelf space? Even in the back?
 - Are the drawers accessible? Can they open fully? Are they removable for cleaning?
 - Is there counter space nearby for transfer to and from the refrigerator?
 - Can you reach the freezer?
 - Is it easy to see what you want to take out?
 - Is it easy to grab what you want?
 - Is the freezer easy to defrost?
 - Frozen food can be heavy (not to mention hard to hold for any period of time) – is there counter space nearby to transfer to and from the freezer?
 - Are there other conveniences that might make your life easier, like a water and ice dispenser?
- Sink
 - Can you reach into the sink to get something on the bottom in the back?
 - Can you reach the faucet(s) and turn it on?
 - Do you need wheelchair accessibility or the ability to sit while at the sink? If so, is the plumbing out of the way or covered to prevent bruises and burns?
 - Can you reach the disposal switch?
 - Is there enough counter space by the sink to process dishes to be washed or put away?
 - Are there other conveniences that might make your life easier, like a spray hose, a pot filler, or instant hot water?
- Dishwasher
 - Can you reach both sides and the back of both the upper and lower racks?
 - Can you see and manage the controls?
 - Is there enough counter space by the dishwasher to process dishes to be washed or put away?
 - Is the dishwasher easy to fill with soap?
 - Is the dishwasher too noisy to hear conversation in the kitchen?
- Can you reach the trash?
 - Put trash in?
 - Empty it out?

- Replace the liner as need be?
 - If appropriate, reach the trash compacter switch?
- Counters
 - At a good working height for you? For others in your household?
 - Do you need a counter area for food preparation that is wheelchair accessible or at a height at which you can be seated?
 - Is there counter space close to the stove, refrigerator and sink that provides adequate working space for those kitchen tasks?
 - Are there enough outlets for small appliances that might be used permanently or temporarily? Easy to reach?
 - Enough contrast to see the edges? Do you bump into the edges? (Are corners rounded or at a 45° angle?)
 - Would a standalone, rolling or island counter top be helpful?
 - Can you reach the back of the counter? Where is the depth a problem?
 - Do you have storage on the counter?
 - Do you have storage issues on the counter?
 - Is the counter low maintenance, easy to clean?
 - Do you need a toe kick? (A space from the floor to the start of the cabinet, appropriate for people who use wheelchairs or scooters.)
- Table
 - At a good working height?
 - At a good dining height?
 - Can you get safely by the table or is it obstructing a path?
 - Can you get around the table to set places or work on different sides?
- Storage
 - Are there enough shelves, drawers and cabinets within reach to store what you use every day? Glasses, plates, pots and pans, silverware, plastic storage, foils, bags and wraps? Canned and packaged foods, spices, snacks? Too low or too high?
 - Set the table easily? (Reach the dishes, glasses and silverware?)
 - Open a can without trouble? (Get a can, reach and operate the can opener, put the contents into a bowl or pot?)
 - Put away leftovers? (Reach the plastic storage containers, find the foil or wrap easily?)

- Cook or bake? (Reach and lift mixers, big pots and pans, glass cookware or bowls)
- Is the cabinet hardware easy to use?
- Can you see the cabinet hardware?
- Do drawers slide easily?
- Do doors stay open or snap back?
- Could you give up some drawer storage for easier to use work space?
- Are you making full use of all storage areas available? If not, why not?
- Do you use a stepstool? Often?
- Is anything in your way when you reach for something?
- Floor
 - Is there adequate space to move around the kitchen? (Maneuvering room for a mobility device? Room for two people – or more – to work?)
 - Is the flooring easy to clean?
 - Is the flooring easy to move on, not slippery?
 - Is the flooring free of tripping hazards, holes, rips?
 - Any entry steps or thresholds to maneuver over when entering the kitchen?
- Lighting and Ventilation
 - Is there enough lighting over the stove, the counters, the table, the sink for all the different tasks that are performed there?
 - Enough overall lighting in the kitchen?
 - Is there a stove top hood?
 - Can you reach the controls?
 - Change the filter?
 - Use it to adjust the stovetop lighting?
 - Can you reach the kitchen light switches? Would rocker panel switches be easier to handle?
 - Is the lighting fluorescent? Does that bother you? (e.g. does the flickering, the hum or the color of the fluorescent bulb cause headaches?)
- Washer and Dryer
 - Can you reach into the washing machine and dryer?
 - Are they conveniently located?

- Can you see and reach the controls?
- Is there a counter or table nearby for folding?
- Can you get soap into the dispenser? (Can you lift a container high enough or see dispenser well enough?)
- Can you transfer laundry easily enough between machines? Would a washer/dryer all-in-one make life easier?
- Safety
 - Do you forget to turn the stove or oven off?
 - Is the stove area free of grease, towels and flammable materials?
 - Are there smoke alarms? Can you hear them?
 - Is there any hardware that catches on your clothes?
 - Are there heat resistant places to temporarily rest hot items from the oven or microwave?
 - Is there a fire extinguisher that is easy to grab easy to use?
 - Are there cupboards or drawers that need to be locked for the safety of others in your household (children/grandchildren/those with dementia)?
- General
 - Is there easy access to a convenient place to unload groceries?
 - Do you get tired of standing quickly? Would you prefer to sit while you prepare food, wash dishes?
 - Is there a telephone within easy reach?
 - Can you transfer food from the kitchen to the dining table?
 - Can you open and close the windows? Shades?
 - Is the doorway:
 - Wide enough for easy access with a mobility device?
 - Is the handle and lock on the door easy to control.
 - Does the door swing out or into the kitchen to open? (Should you fall against the door, outward swinging doors still allow emergency personnel access in the event of an emergency)
 - Do you need a door to the kitchen?
 - Can the doorbell be heard in this room?