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Kitchen Designs to Make Life Easier For Seniors

NEWS > HEALTH 22 MAR 10 @ 11:00PM | BY JANITA SINGH



Seniors can be very particular when it comes to kitchen designs.

Whether they're empty nesters, downsizing or simply preparing for grandchildren, seniors can be very particular when it comes to renovating kitchens.

"The first thing I suggest to my customers is to consider both today and tomorrow," said Michael Kitchener of Kitcheners Kitchens in Alexandria. "As you grow older, energy levels can change, so you want a kitchen that won't put a strain on your body."

With more than 35 per cent of his customers aged over 55, Mr Kitchener has plenty of tips for designing an easy-to-use kitchen, and his award-winning design team emphasise durability and low maintenance fixtures such as Blum pullout drawers, based on an advanced sensory system that only requires a light touch.

With less mobility, sight and stamina becoming issues, the placement of appliances and electrical sockets can make a difference while layouts can minimise unnecessary kneeling and bending or stretching. A Kitcheners designer can also design a space that minimises unnecessary walking round preparation areas.

Details: Kitcheners Kitchens, 56 O'Riordan St, Alexandria. Phone 1800 826 144 or visit kitcheners.com.au.

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