

ADL Kitchen: Information for Inpatient Families



The Activities of Daily Living (ADL) kitchen space is available to families at limited times when the kitchen is not booked for client use. The ADL kitchen is located on **OW245** (basement level, west wing) where you can prepare your own meals on the days and times stated below.

ADL kitchen hours for family use:

- Monday to Friday: 6:30 a.m. - 8:00 a.m.
- Saturday to Sunday: 5:00 p.m. - 9:00 p.m.

How to access the ADL kitchen:

1. Please visit the Main Reception at the hospital entrance during the times when the ADL kitchen is open, and complete sign-in page.
2. Our security team will bring you down to the kitchen to open the door and provide you with a set of keys to open the lockbox of utensils.
3. Please return the keys to main reception once you are finished using the ADL kitchen.

What to bring:

Families and caregivers are required bring the food, ingredients, take away containers and/or plates to eat your meal. We have a family cupboard in the kitchen which provides the essentials you'll need to cook your meal, such as pots, pans, cutting boards, spatulas and mixing bowls.

What you can use:

The kitchen includes appliances such as an oven, stove, toaster oven and microwave. You are allowed to bring in small kitchen appliances, such as an air fryer, to help you cook.

Please note that certain appliances and cooking materials are designated for program use only and are not available for family use.

Important guidelines to remember when you're leaving the ADL kitchen:

- ✓ **Clean up** after using the kitchen, including wiping surfaces.
- ✓ **Clean and dry** all used cooking supplies and utensils.
- ✓ Return all used items into **family cupboard**.
- ✓ Make sure all appliances are **turned off**.
- ✓ **Lock up** the knives into the lockbox with the key. Note: The door will lock behind you when you leave.
- ✓ **Return the keys** to reception and sign out.
- ✓ Please **do not take** any dishes, bowls or utensils out of the kitchen.

