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INTRODUCTION

Ageing is associated with a shrinking is height, physical weakness starting perhaps in the 40s and becoming marked in the 70s and 80s. During one’s adult age they are diligent thinking of others, caring for others, working for others, earning for others. But after a lifetime, they suddenly face days and years of isolation and little to do.

The 2001 census has shown that the elderly population (60+) of India accounted for 77 million and census 2011 projections indicate that elderly population has crossed the 100 million mark. It took more than 100 years for the aged population to double in most of the countries in the world, but in India it has doubled in just 20 years. (Age well Study on Human Rights of Older Persons in India, April 2011)

Though there are several areas that are being designed for elderly in other work spaces, kitchen in not much discussed a lot by the designers for elderly. Ordinary kitchen designs do not always apply for aged people. With the growing age, it becomes difficult to move around and do household tasks especially cooking. An ergonomic approach to design an elderly kitchen could improve the work environment of the elderly and helps to maintain their quality of life.

It is quite common for the elderly to experience changes in their health, decreased visual and auditory abilities and lack of ability to concentrate etc. They have limited regenerative capabilities and are more prone to disease, syndromes, and sickness than other age group. Old age may bring a lot of problems for elderly.

Health problems of elderly:


(ii) Psychological Problems: Depression, Dementia.

(iii) Chronic diseases: Diabetes, Lung disease, Heart disease, Sleep disorders.

Generally kitchens are classified based on their shape it designed. They are:

1. Single galley kitchen

This type of kitchen is specifically designed for smaller homes and apartments. All the major work areas present on the side of the kitchen wall. Work triangle is a single line.

**Advantages**: Small and compact kitchen minimum walking distance

2. Two way galley kitchen

This type of kitchen has two rows of cabinets at opposite walls. One containing the store and sink and the other contains preparatory area and refrigerator.

**Advantages**: Minimum work triangle more storage space

3. L-shaped kitchen

In this type of arrangement, two adjoining walls are arranged like ‘L’ shape. The sink occupies the central portion with the cooking area and refrigerator on either side, interspaced with other walking areas.
4. U-shaped kitchen

This arrangement makes use of the three walls of a kitchen with the working areas. In this plan, the washing area is placed at the bend of ‘U’ with the cooking area on one side and the preparation area, the refrigerator on the other side. This is a typical work kitchen.

Advantages: Compact and efficient kitchen. Plenty of space for storage, preparation and cooking area.

5. Island kitchen

Only suitable for large ‘U’ and ‘L’ shaped kitchen in which all three workstations were located against walls. In a ‘U’ shaped kitchen, leave to least 10 ft between the legs of the ‘U’ which will allow for a 3ft wide island and adequate walking space around it. In a ‘L’ shaped kitchen allow at least 42” of walking space on all sides of the island. The island can be used for storage cook top or sink.

Advantages: More space for storage, preparation and cooking.

Work triangle:

The most important rule is the “work triangle or kitchen triangle” which involves distance between sink area, preparatory area and cooking area. The size of the kitchen and kitchen triangle are two main criteria in designing the kitchen space. Elderly commonly exposed to age-related decline such as locomotion. The total daily walking distance during cooking in the kitchen should be reduced at certain reasonable dimensions. The recommended kitchen triangle distance should be set at five meters (16 ft 5 in) or lower to suit their physical ability.
Designing Safe and Ergo friendly kitchen for Elderly

Model: I
Dimension: 10' X 12'
Shape of the kitchen: U – Shaped kitchen

Special Features

- Standard counter top height from floor level – 2'5"
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Large working space, dinning may be included.
- Ideal work triangle – 14’1”
- Adequate storage facility (Top cabinets and Base cabinets on three walls and counters)
- Pull out drawers for easy handling by elders in base cabinets.
- Base cabinets racks differentiated with colours to identify the stored material.
- Top cabinets have glass doors for easy identification of things.
- Slotted Angle Racks are provided to adjust the height of the shelves.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Sink with drain board and hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Door and window fixed in opposite wall for cross ventilation.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail is fixed in one side wall to hold and walk easily.
"U" SHAPED KITCHEN FOR ELDERLY (10’ x 12’)

SECTION AA  SECTION BB  SECTION CC  SECTION BB
Model : II
Dimension : 10’ X 10’
Shape of the kitchen : U – Shaped kitchen

Special Features
- Standard counter top height from floor level – 2’5”
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Comfortable working space.
- Ideal work triangle – 11’3”.
- Adequate storage facility (Top cabinets and Base cabinets on three walls and counters)
- Pull out drawers for easy handling by elders in base cabinets.
- Base cabinet’s racks differentiated with colours to identify the stored material.
- Top cabinets have glass doors for easy identification of things.
- Slotted Angle Rack provided to adjust the height of the shelves.
- Refrigerator kept inside the kitchen.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Sink with drain board and hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Doors fixed in opposite direction for entry and exit from the kitchen.
- Window provided above the sink area.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail is fixed in one side wall to hold and walk easily.
U SHAPED KITCHEN FOR ELDERLY (8’ x 10’)

Model : III
Dimension : 8’X10’
Shape of the kitchen : U – Shaped kitchen

Special Features
- Standard counter top height from floor level – 2’5”
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Ideal work triangle is 5’8”.
- Compact kitchen and easy reach to all work areas.
- Adequate storage facility (Top cabinets and Base cabinets on three walls and counters)
- Pull out drawers for easy handling by elders in base cabinets.
- Base cabinets racks differentiated with colours to identify the stored material.
- Top cabinets have glass doors for easy identification of things.
- Slotted Angle Racks are provided to adjust the height of the shelves.
- Refrigerator kept inside the kitchen.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Sink with drain board and hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Door and window fixed in opposite wall for cross ventilation.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail is fixed in one side wall to hold and walk easily.
ISLAND "U" SHAPED KITCHEN FOR ELDERLY (8' X 10')

SECTION ON "AA"
SECTION ON "BB"
SECTION ON "CC"
SECTION ON "DD"
Model : IV
Dimension : 10’X12’
Shape of the kitchen : L – Shaped kitchen

Special Features
- Located in two adjacent walls in L shape.
- Standard counter top height from floor level – 2’5”
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Large working space, dinning may be included.
- Ideal work triangle is 16’11”.
- Adequate storage facility (Top cabinets and Base cabinets on two walls and counters)
- Pull out drawers for easy handling by elders in base cabinets.
- Base cabinets racks differentiated with colours to identify the stored material.
- Top cabinets have glass doors for easy identification of things.
- Slotted Angle Rack provided to adjust the height of the shelves.
- Refrigerator kept inside the kitchen.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Sink with drain board and hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Door and window fixed in opposite side of the wall.
- Ventilators provided in opposite direction for cross ventilation.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail is fixed in one side wall to hold and walk easily.
"L" SHAPED KITCHEN FOR ELDERLY (10’ x 12’)

SECTION ON "AA"

SECTION ON "BB"

SECTION ON "BB"

SECTION ON "DD"
Model : V
Dimension : 10’ x 10’
Shape of the kitchen : L – Shaped kitchen

Special Features
- Located in two adjacent walls in L shape.
- Standard counter top height from floor level – 2’5”
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Comfortable and easy reach to all working space.
- Ideal work triangle – 16’.
- Adequate storage facility (Top cabinets and Base cabinets on two walls and counters)
- Pull out drawers for easy handling by elders in base cabinets.
- Base cabinet’s racks differentiated with colours to identify the stored material.
- Top cabinets have glass doors for easy identification of things.
- Slotted Angle Rack provided to adjust the height of the shelves.
- Refrigerator kept inside the kitchen.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Sink with drain board and hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Door and window fixed in opposite side of the walls.
- Ventilators provided in opposite side for cross ventilation.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail is fixed in one side wall to hold and walk easily.
"L" SHAPED KITCHEN FOR ELDERLY (8’ x 10’)

Model : VI
Dimension : 8’ X 10’
Shape of the kitchen : L – Shaped kitchen

Special Features
- Located in two adjacent wall in L shape.
- Standard counter top height from floor level – 2’5”
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Easy reach to all working space.
- Ideal work triangle – 13’2”.
- Adequate storage facility (Top cabinets and Base cabinets on two walls and counters)
- Pull out drawers for easy handling by elders in base cabinets.
- Base cabinet’s racks differentiated with colours to identify the stored material.
- Top cabinets have glass doors for easy identification of things.
- Slotted Angle Rack provided to adjust the height of the shelves.
- Refrigerator kept inside the kitchen.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Sink with drain board and hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Door and window fixed in opposite side of the walls.
- Ventilators provided in opposite side for cross ventilation.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail is fixed in one side wall to hold and walk easily.
"L" SHAPED KITCHEN FOR ELDERLY (6' x 10')

SECTION ON "AA"

SECTION ON "BB"

SECTION ON "CC"

SECTION ON "DD"
**Model** : VII  
**Dimension** : 8’ X 6’  
**Shape of the kitchen** : L – Shaped kitchen  
**Special Features**  
- Located in two adjacent wall in L shape.  
- Standard counter top height from floor level – 2’5”  
- Counter top edges have contrast colour for easy identification of the edges by the elderly.  
- Easy reach to all work centers.  
- Compact and minimum work triangle – 8’.  
- Adequate storage facility (Top cabinets and Base cabinets on one wall and counter)  
- Pull out drawers for easy handling by elders in base cabinets.  
- Base cabinet’s racks differentiated with colours to identify the stored material.  
- Top cabinets have glass doors for easy identification of things.  
- Refrigerator can be placed inside the kitchen instead of Slotted Angle Rack.  
- Fixed pull out tray with counter top and chair provided in the preparatory area.  
- Sink with drain board and hot water facility in washing area.  
- Electrical chimney above the cooking range to remove smoke and fumes.  
- Non slippery flooring material.  
- Task lighting provided in major work areas to enable easy visibility.  
- Aluminium sliding door for easy handling by elderly people.  
- Door and window fixed in opposite side of the walls.  
- Ventilators provided in opposite side for cross ventilation.  
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.  
- Rocker type switches are used for easy access by elderly.  
- Hand rail is fixed in one side wall to hold and walk easily.
Model : VIII
Dimension : 8’ X 4’
Shape of the kitchen : L – Shaped kitchen
Special Features
  ➢ Located in two adjacent wall in L shape.
  ➢ Standard counter top height from floor level – 2’5”
  ➢ Counter top edges have contrast colour for easy identification of the edges by the elderly.
  ➢ Work centers are close to each other.
  ➢ Compact and minimum work triangle – 8’.
  ➢ Adequate storage facility (Top cabinets and Base cabinets on one wall and counter)
  ➢ Pull out drawers for easy handling by elders in base cabinets.
  ➢ Base cabinet’s racks differentiated with colours to identify the stored material.
  ➢ Top cabinets have glass doors for easy identification of things.
  ➢ Refrigerator can be placed inside the kitchen instead of Slotted Angle Rack.
  ➢ Fixed pull out tray with counter top and chair provided in the preparatory area.
  ➢ Sink with drain board and hot water facility in washing area.
  ➢ Electrical chimney above the cooking range to remove smoke and fumes.
  ➢ Non slippery flooring material.
  ➢ Task lighting provided in major work areas to enable easy visibility.
  ➢ Aluminium sliding door for easy handling by elderly people.
  ➢ Door and window fixed in adjacent walls.
  ➢ Ventilators provided in the kitchen for ventilation.
  ➢ Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
  ➢ Rocker type switches are used for easy access by elderly.
  ➢ Hand rail is fixed in one side wall to hold and walk easily.
Model: IX
Dimension: 6’ X 4’
Shape of the kitchen: L – Shaped kitchen

Special Features
- Located in two adjacent walls like L shape.
- Standard counter top height from floor level – 2’5”
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Work centers are close to each other.
- Compact and minimum work triangle – 3’11”.
- Adequate storage facility (Top cabinet and Base cabinet only on one wall)
- Pull out drawers for easy handling by elders in base cabinet.
- Base cabinet’s racks differentiated with colours to identify the stored material.
- Top cabinets have glass doors for easy identification of things.
- Slotted Angle Racks provided to adjust the height of the shelves.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Door and window fixed in adjacent walls.
- Two ventilators provided in the kitchen.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail is fixed in one side wall to hold and walk easily.
"L" SHAPED KITCHEN FOR ELDERLY (6’ x 4’)

SECTION ON "AA"

SECTION ON "BB"

SECTION ON "CC"

SECTION ON "DD"
Model : X
Dimension : 8’ X 6’
Shape of the kitchen: One Wall Kitchen
Special Features
- Located in a single wall.
- Standard counter top height from floor level – 2’5”
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Work centers are close to each other.
- Work triangle is in a single line – 4’10” and less walking distance.
- Minimum storage facility (Top cabinet on above the preparatory area only)
- Top cabinet has glass door for easy identification of things.
- Slotted Angle Rack provided to adjust the height of the shelf.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Door and window fixed in opposite walls.
- Ventilators also present in opposite walls to get cross ventilation.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail is fixed in one side wall to hold and walk easy by elderly.
- This kitchen is suitable for apartment houses or where having minimum space.
Model : XI  
Dimension : 8’ x 4’
Shape of the kitchen: One Wall Kitchen

Special Features
- Located in a single wall.
- Standard counter top height from floor level – 2’5”
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Easy reach to work centers.
- Work triangle is in a single line – 4’10” and less walking distance.
- Minimum storage facility (Top cabinet on above the preparatory area only)
- Top cabinet has glass door for easy identification of things.
- Slotted Angle Rack provided to adjust the height of the shelf.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Door and window fixed in adjacent walls.
- Two ventilators provided in the kitchen.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail is fixed in one side wall to hold and walk easily.
- This kitchen is suitable for apartment houses or where having minimum space.
ONE WALL KITCHEN FOR ELDERLY (8' x 4')

SECTION ON "AA"

SECTION ON "BB"

SECTION ON "CC"

SECTION ON "DD"
Model : XII  
Dimension : 6' X 4'  
Shape of the kitchen: One Wall Kitchen  
Special Features  
➢ Located in a single wall.  
➢ Standard counter top height from floor level – 2'5”  
➢ Counter top edges have contrast colour for easy identification of the edges by the elderly.  
➢ Easy reach to work centers.  
➢ Work triangle is in a single line – 3’11” and less walking distance.  
➢ Minimum storage facility (Top cabinet on above the preparatory area only)  
➢ Top cabinet has glass door for easy identification of things.  
➢ Slotted Angle Rack provided to adjust the height of the shelf.  
➢ Fixed pull out tray with counter top and chair provided in the preparatory area.  
➢ Hot water facility in washing area.  
➢ Electrical chimney above the cooking range to remove smoke and fumes.  
➢ Non slippery flooring material.  
➢ Task lighting provided in major work areas to enable easy visibility.  
➢ Aluminium sliding door for easy handling by elderly people.  
➢ Door and window fixed in adjacent walls.  
➢ Two ventilators provided in the kitchen.  
➢ Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.  
➢ Rocker type switches are used for easy access by elderly.  
➢ Hand rail is fixed in one side wall to hold and walk easily.  
➢ This design can be preferred where space is the limitation.
ONE WALL KITCHEN FOR ELDERLY (6’ X 4’)

SECTION ON "AA"

SECTION ON "BB"

SECTION ON "CC"

SECTION ON "BB"
Model : XIII
Dimension : 8’ X 6’
Shape of the kitchen: Corridor Kitchen

Special Features
- Located on two opposite walls.
- Standard counter top height from floor level – 2’5”
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Easy reach to work centers.
- Minimum work triangle – 9’4” and less walking distance.
- Minimum storage facility (Top cabinets on two walls, base cabinet on one wall where sink is placed)
- Top cabinet has glass door for easy identification of things.
- Slotted Angle Rack provided to adjust the height of the shelf.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Sink with drain board and hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Door and window fixed in adjacent walls.
- One ventilator provided in the kitchen.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail is fixed in one side wall to hold and walk easily.
- This design can be preferred where space is the limitation.
CORRIDOR KITCHEN FOR ELDERLY (8’ X 6’)

SECTION "AA"  SECTION "BB"  SECTION "CC"  SECTION "BB"
**Model**: XIV  
**Dimension**: 10’ X 10’  
**Shape of the kitchen**: Island Kitchen (U Shape Model)  

### Special Features

- Counters are not connected to each other and cooking area located at the center.
- Standard counter top height from floor level – 2’5”
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Maximum work triangle and more walking distance.
- Maximum storage facility (Top cabinets on three walls, base cabinets on two counters only)
- Top cabinet has glass door for easy identification of things.
- Slotted Angle Rack provided to adjust the height of the shelf.
- Refrigerator kept inside the kitchen.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Sink with drain board and hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Door and window fixed in opposite walls for cross ventilation.
- Two ventilators provided opposite walls in the kitchen.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail fixed in two walls to hold and walk easily.
- Suitable for High Income Families.
ISLAND "U" SHAPED KITCHEN FOR ELDERLY (10' X 10')

SECTION ON "AA"

SECTION ON "BB"

SECTION ON "CC"

SECTION ON "DD"
Model: XV
Dimension: 10’X10’
Shape of the kitchen: Island Kitchen (L Shape Model)

Special Features
- Counters are not connected to each other and preparatory area located at the center.
- Standard counter top height from floor level – 2’5”
- Counter top edges have contrast colour for easy identification of the edges by the elderly.
- Maximum work triangle and more walking distance.
- Maximum storage facility (Top cabinets on two walls, base cabinets on one counter only)
- Top cabinet has glass door for easy identification of things.
- Slotted Angle Rack provided to adjust the height of the shelf.
- Refrigerator kept inside the kitchen.
- Fixed pull out tray with counter top and chair provided in the preparatory area.
- Sink with drain board and hot water facility in washing area.
- Electrical chimney above the cooking range to remove smoke and fumes.
- Non slippery flooring material.
- Task lighting provided in major work areas to enable easy visibility.
- Aluminium sliding door for easy handling by elderly people.
- Door and window fixed in opposite walls for cross ventilation.
- Two ventilators provided opposite walls in the kitchen.
- Amenities such as fire extinguisher, LPG detector, telephone stand, emergency alarm and lamp, first aid box and writing board are fixed at a convenient height.
- Rocker type switches are used for easy access by elderly.
- Hand rail fixed in two walls to hold and walk easily.
- Suitable for High Income Families.
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<th>AMENITIES*</th>
<th>STORAGE*</th>
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| 1.    | 10’X12’   | Located in three walls in U-shape | • Large working space  
• Suitable for HIG families  
• Dining may be included | ≈ 14’ 1” Ideal work triangle | C&T  WB  GR  TP  FE  LPGD  EA  FAB  HR  FAN | TC  BC  SAR**  R |
|       |           |         |                     |               |           | √       |
| 2.    | 10’X10’   | Located in three walls in U-shape | • Suitable for both HIG and MIG families  
• Most preferable dimension for kitchen | ≈ 11’3” Compact work triangle | C&T  WB  GR  TP  FE  LPGD  EA  FAB  HR  FAN | TC  BC  SAR**  R |
|       |           |         |                     |               |           | √       |
| 3.    | 8’X10’    | Located in three walls in U-shape | • Suitable for MIG families  
• Compact kitchen | ≈ 5’ 8” Minimum work triangle | C&T  WB  GR  TP  FE  LPGD  EA  FAB  HR  FAN | TC  BC  SAR**  R |
|       |           |         |                     |               |           | √       |

*Size can be varied to suit our individual’s need

<table>
<thead>
<tr>
<th>C&amp;T</th>
<th>Chair with pull out tray</th>
<th>EA</th>
<th>Emergency alarm</th>
</tr>
</thead>
<tbody>
<tr>
<td>WB</td>
<td>Writing board</td>
<td></td>
<td>First aid box</td>
</tr>
<tr>
<td>GR</td>
<td>Geyser</td>
<td></td>
<td>Hand rail</td>
</tr>
<tr>
<td>TP</td>
<td>Telephone</td>
<td></td>
<td>Top cabinets</td>
</tr>
<tr>
<td>FE</td>
<td>Fire extinguisher</td>
<td></td>
<td>Base cabinets</td>
</tr>
<tr>
<td>LPGD</td>
<td>LPG Detector</td>
<td></td>
<td>Slotted angle rack</td>
</tr>
<tr>
<td>R</td>
<td>Refrigerator</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
TABLE 2: L-SHAPED KITCHEN

<table>
<thead>
<tr>
<th>S.NO</th>
<th>DIMENSION</th>
<th>COUNTER</th>
<th>ADVANTAGES/ REMARKS</th>
<th>WORK TRIANGLE</th>
<th>AMENITIES*</th>
<th>STORAGE*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>C&amp;T</td>
<td>WB</td>
</tr>
</tbody>
</table>
| 1.   | 10’X12’   | Located in two adjacent walls in L-shape | • Large working space  
• Suitable for HIG families  
• Dining may be included  
• Adequate storage facility | ≈ 16’ 11” Ideal work triangle | ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ | ✓ On two walls | ✓ ✓ |
| 2.   | 10’X10’   | Located in two adjacent walls in L-shape | • Adequate working space  
• Easy reach to all work centers  
• Suitable for MIG families | ≈ 16’ Ideal work triangle | ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ | ✓ On two walls | ✓ ✓ |
| 3.   | 8’X10’    | Located in two adjacent walls in L-shape | • Easy reach to storage area and work centers  
• Sink area is closer to the preparatory area | ≈ 13’ 2” Compact work triangle | ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ | ✓ On two walls | ✓ ✓ |
| 4.   | 8’X6’     | Located in two adjacent walls in L-shape | • Work centers are close to each other  
• Refrigerator can be placed inside the kitchen  
• Suitable for LIG families | ≈ 8’ Minimum work triangle | ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ | ✓ On one wall | ✓ X |
| 5.   | 8’X4’     | Located in two adjacent walls in L-shape | • Easy reach to work centers  
• Least preferred dimension according to our individual’s need | ≈ 8’ Minimum work triangle | ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ | ✓ On one wall | ✓ X |
| 6.   | 6’X4’     | Located in two adjacent walls in L-shape | • Compact with ease of access to work centers  
• Found in apartments where space is the limitation | ≈ 3’11” Minimum work triangle | ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ | ✓ On one wall | ✓ X |
### TABLE 3: ONE WALL KITCHEN

<table>
<thead>
<tr>
<th>S. NO</th>
<th>DIMENSION</th>
<th>COUNTER</th>
<th>ADVANTAGES/REMARKS</th>
<th>WORK TRIANGLE</th>
<th>AMENITIES*</th>
<th>STORAGE*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>C&amp;T</td>
<td>WB</td>
</tr>
</tbody>
</table>
| 1.    | 8’X6’     | Located in single wall | • Preferred design where space is the limitation (in apartments)  
• Easy reach to work centers  
• Less walking distance  
• Work triangle is a single line | ≈ 4’ 10” Minimum work triangle | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  
Very small storage | X | √ | X  |
| 2.    | 8’X4’     | Located in single wall | • Work triangle is a single line  
• Easy reach to work centers  
• Less storage space  
• Least preferred design | ≈ 4’10” Minimum work triangle | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  
Very small storage | X | √ | X  |
| 3.    | 6’X4’     | Located in single wall | • Work triangle is a single line  
• Does not suit the designer’s recommendations.  
• However, can be preferred where space is the limitation | ≈ 3’ 11” Minimum work triangle | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |  
Very small storage | X | √ | X  |

**Size can be varied to suit our individual’s need**
<table>
<thead>
<tr>
<th>S. NO</th>
<th>DIMENSION</th>
<th>COUNTER</th>
<th>ADVANTAGES/ REMARKS</th>
<th>WORK TRIANGLE</th>
<th>AMENITIES*</th>
<th>STORAGE*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>C&amp;T</td>
<td>WB</td>
<td>GR</td>
</tr>
</tbody>
</table>
| 1.    | 10’X10’ U-shape | The counters are not connected | • Large working space  
• Suitable for HIG families  
• Adequate storage facility | - | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
|       |            |         |                      |               |           | On two walls | On all three counters |
| 2.    | 10’X10’ L-shape | The counters are not connected | • Suitable for HIG families  
• Working space is more  
• Dining can be located inside if needed | - | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
|       |            |         |                      |               |           | On one wall | On two counters |
| 3.    | 8’X10’ | The counters are not connected | • Suitable for both HIG and MIG families  
• Working space is sufficient  
• Utility area is provided | - | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
<p>|       |            |         |                      |               |           | On one wall | On two counters |</p>
<table>
<thead>
<tr>
<th>S. NO</th>
<th>DIMENSION</th>
<th>COUNTER</th>
<th>ADVANTAGES/ REMARKS</th>
<th>WORK TRIANGLE</th>
<th>AMENITIES*</th>
<th>STORAGE*</th>
</tr>
</thead>
</table>
| 1.    | 8’X6’     | Located on two opposite walls | • Easy reach to different work centers  
• Suitable for LIG families  
• Compact kitchen for single user | 9’4” Minimum work triangle | C&T  
WB  
GR  
TP  
FE  
LPGD  
EA  
FAB  
HR  
FAN  
TC  
BC  
SAR** | On two walls  
On one counter | √  
√  
√  
√  
√  
√  
√  
√  
√  
√ |

* Description given in next page

**Size can be varied to suit our individual’s need