

freedom

by Symphony®

Designing multi-generational kitchens



Wheelchair user since 1981
35+ years designing kitchens
Go-to source for journalists



- Created the Freedom brand of kitchens with the Symphony Group, 2018
- Associate Lecturer, Accessible Kitchen Design, Buckinghamshire New University
- Co-author Habinteg Wheelchair Housing Guide 2017
- Winner, KBSA Accessible/Inclusive Designer of the Year Award, 2015
- Named among Britain's most influential disabled people: Power 100 List 2015
- Named in the top ten influencers for 'access and equality': 2014 Disability Influence list
- Speaker at 'Homes for Living', the Housing Standard Review: Habinteg 2013
- Head consultant for accessible kitchens: Olympic Village 2012
- Member of Lifetime Homes Review 2010: Dept of Communities and Local Government
- Member of the Technical Advisory Group (TAG): Lifetime Homes 2009
- Winner of 'Designer Award for Accessible Kitchens 2006': KBB Review Industry Awards
- Co-author of NHF 'Standards and Quality in Development: 'A Good Practice Guide'
- Co-author of LDA's 'Private Sector Wheelchair Housing Design Guide': Mayor of London's Housing Strategy
- Lobbyist for the Disability Discrimination Act 1995
- Kitchen designer since 1980

Basic principles

Multi-generational kitchens should be:

- Safe
- Accessible
- Durable
- Flexible
- Able to promote independence



What to include in an age and disability-friendly kitchen

1. Reduce the need to bend – 80 per cent of kitchen falls are caused by bending, so no ovens below worktop level and no hinged doors; go for pull-outs.
2. Waterfall edges to worktops reduce the risk of spills that need mopping from the floor or hot liquids burning laps for wheelchair users or legs/feet. Also good for extra grip to steady yourself or hook your stick over.
3. See-through doors can help those who struggle to remember where things are.
4. Facility to label doors and handles.
5. Facility to lock doors.
6. Consider colour contrast for those with sight issues. Don't use reflective surface.
7. No gas hobs!

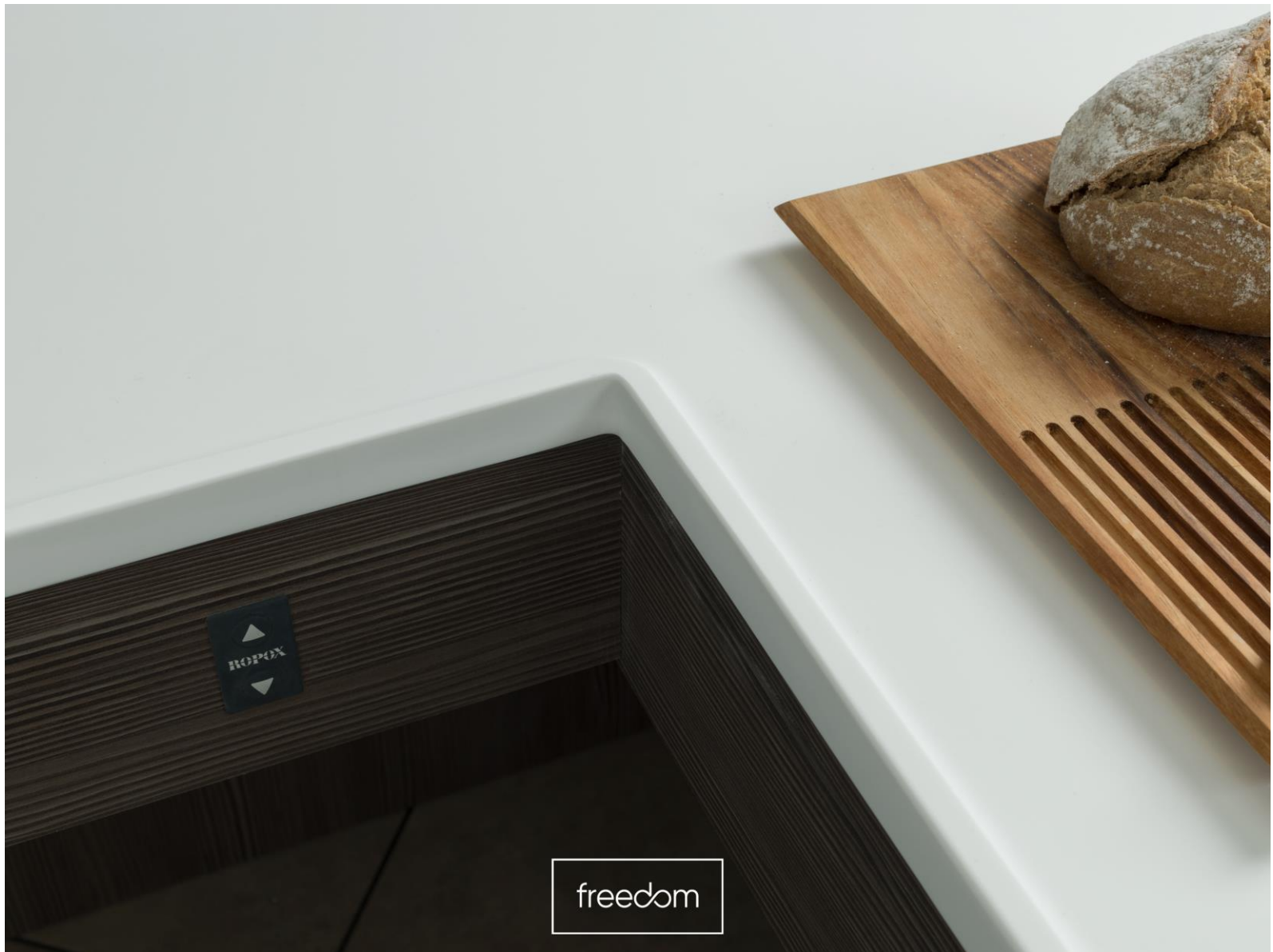


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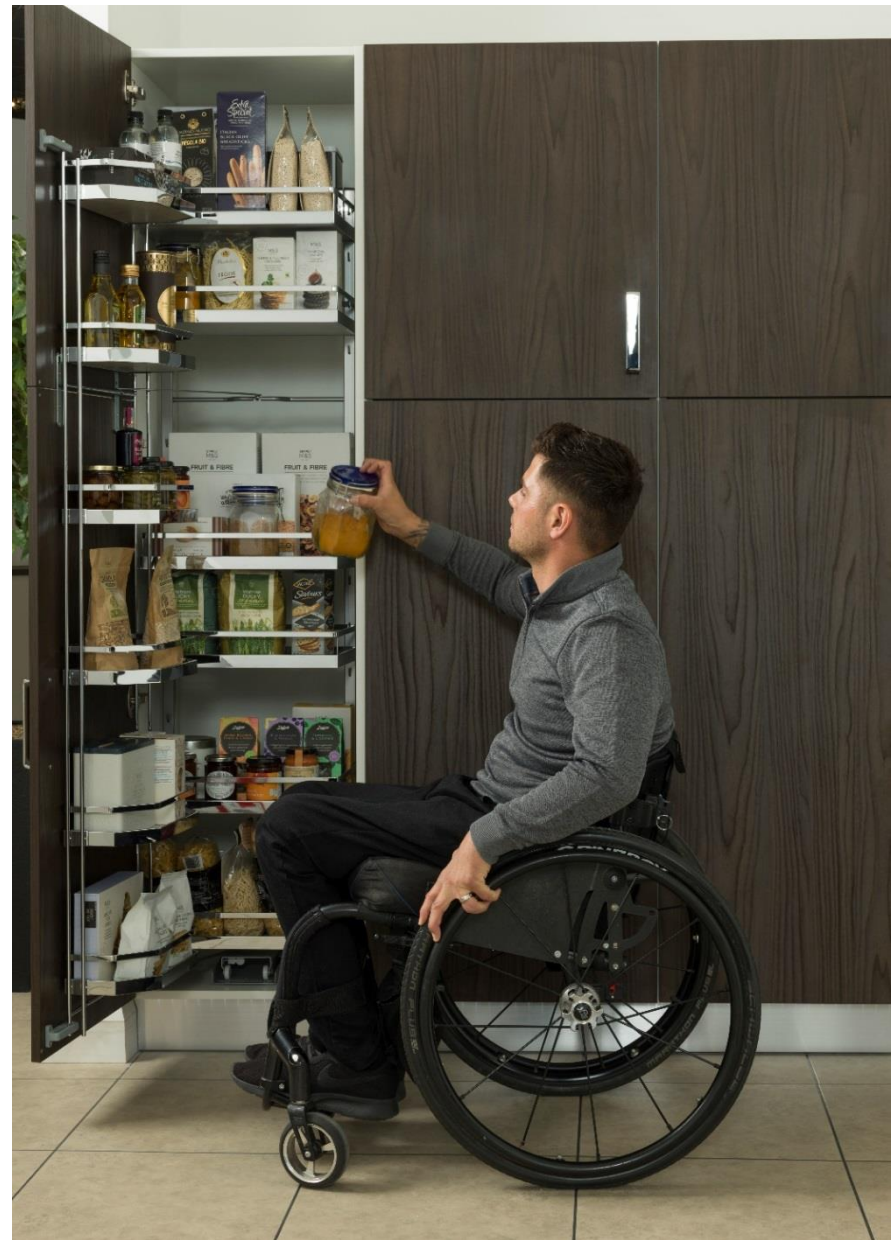






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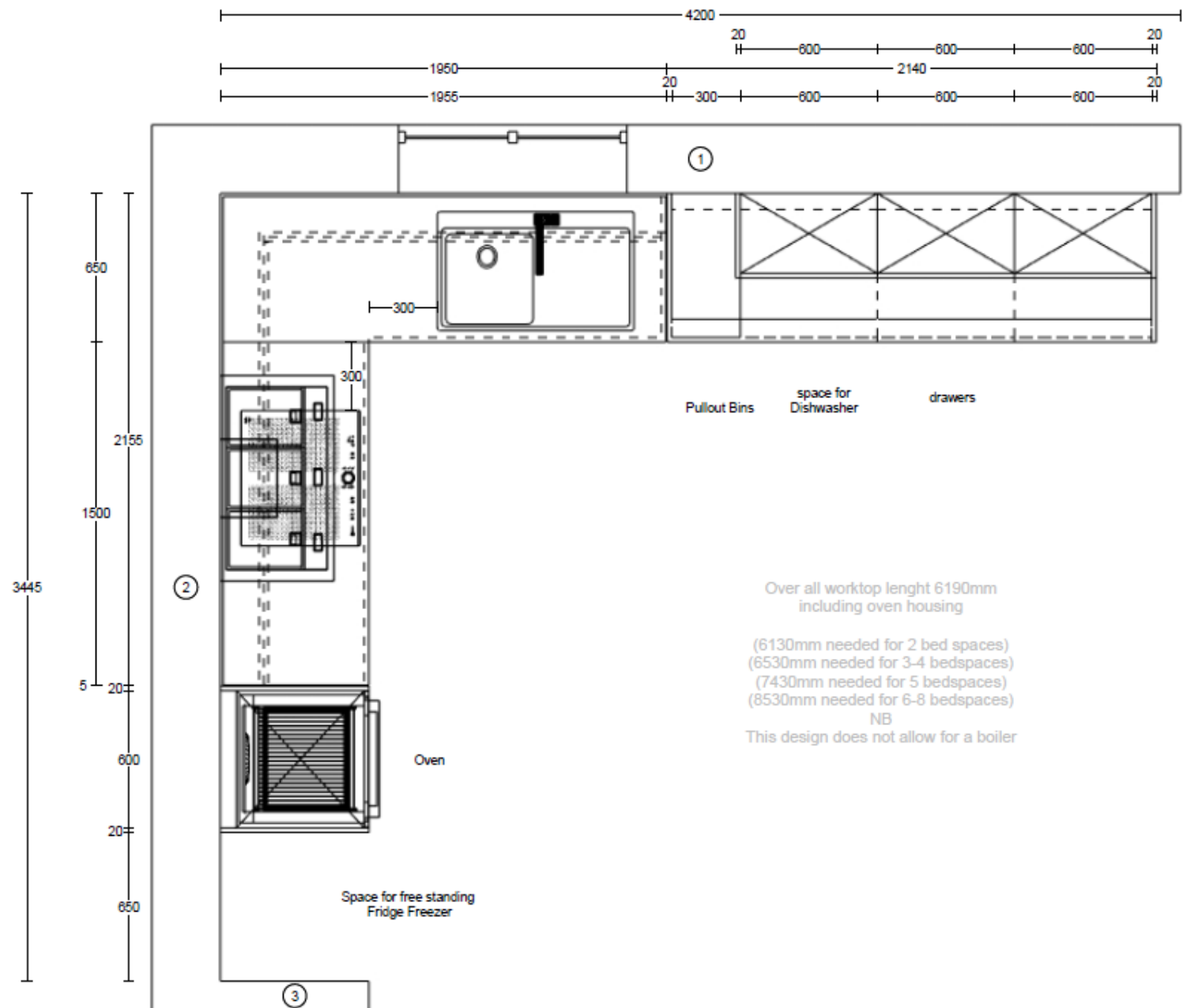


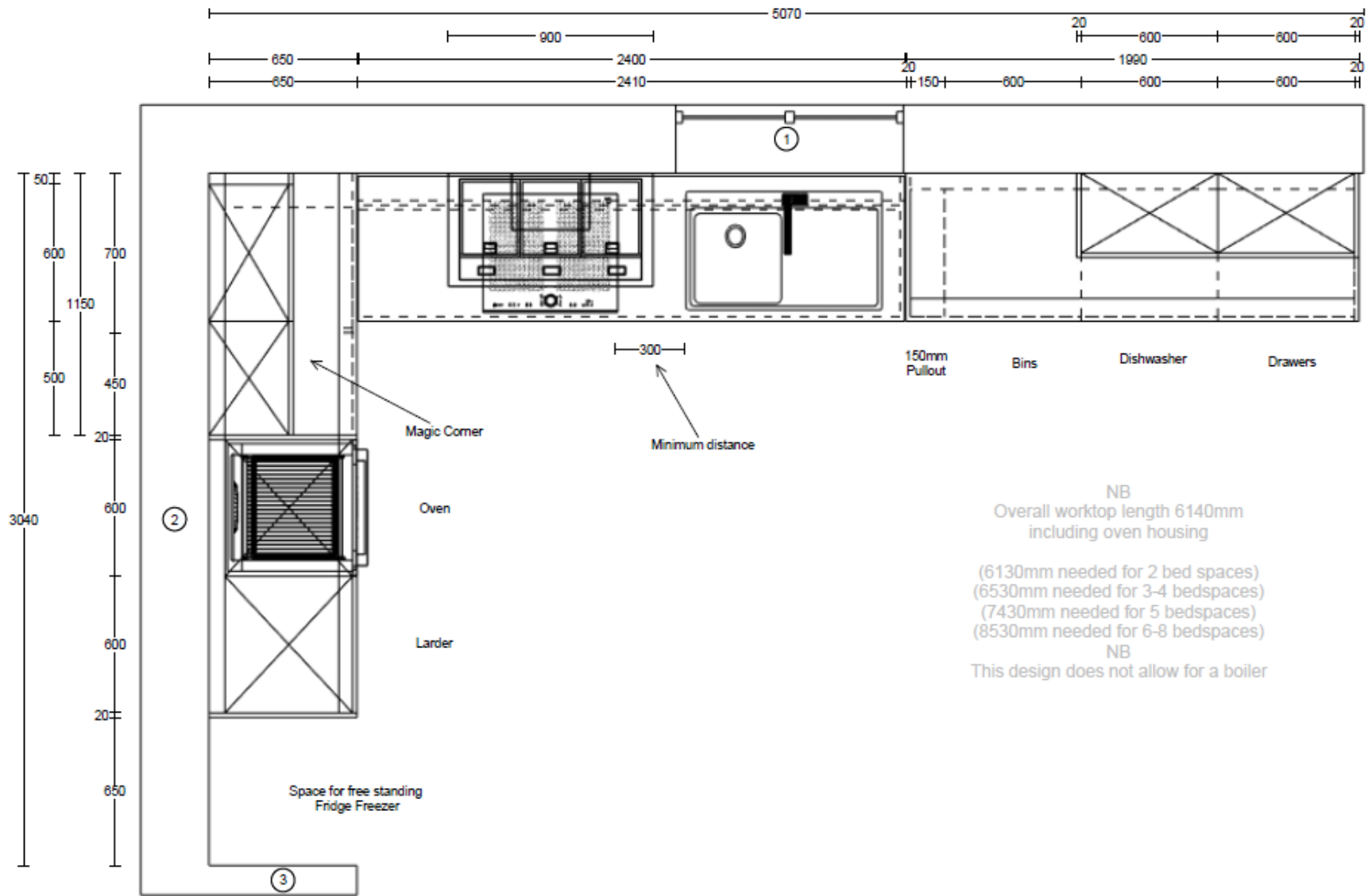


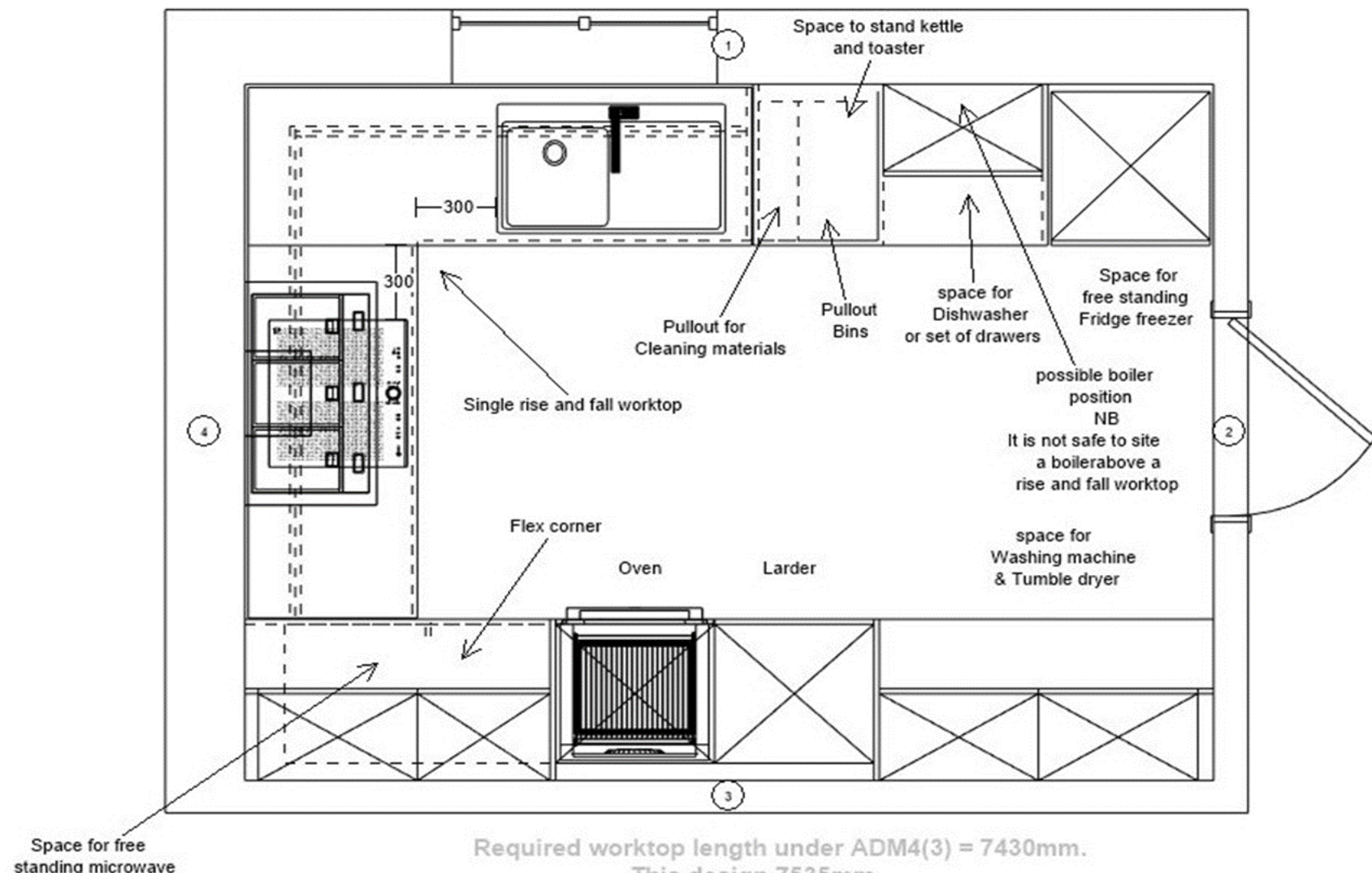














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