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## Kitchen Stories

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# KITCHEN STORIES

**OTHR 316: Assistive Technology for Telehealth**  
Terral Christopher, Nazifa Fazli, Lauren Jew, Ken Zhu

## INTRODUCTION

Kitchen Stories is a video-based, cross-media cooking platform whose mission is to “to empower people to cook a fresh meal every day.” Although cooking is an essential part of everyday life, the creators of the platform understand that many people struggle with it for a variety of reasons. Nevertheless, they are confident that anyone can cook with the right tools and instructions. The features of the Kitchen Stories platform equip people with confidence that they can cook and set them up for success in their occupation of cooking.



## PROBLEM STATEMENT

- Autism Spectrum Disorder (ASD) prevalence rates in the U.S. have been estimated to be 2.75 and 7.6 per 1,000 children.
- 1% of the world’s population is diagnosed with ASD.

Individuals with ASD may experience difficulties with independent living skills, such as financial management, home management and meal preparation. An occupation such as cooking typically includes methods such as task-analysis, systemic prompting, cueing, modeling, visual support and feedback, which can be challenging for the ASD population.

## FEATURES

- **Step-by-step recipes:** Recipes are broken into simple and easy-to-manage steps, with visual aids for each step.
- **Video tutorials:** Video tutorials act as video-modeling for users who require additional support
- **Shopping list:** As users save recipes to their Kitchen Stories account, ingredients from each recipe can also be added to the in-app grocery list.
- **Opportunities for users to upload their own recipes:** The platform allows users to join the global community and connect with others by sharing their own recipes.

## IMPACT AND IMPLICATIONS

### Occupational impact

- Increases active participation, engagement, and occupational performance in independent cooking.
- Supports individual dietary restrictions
- Assists in meal planning (in-app grocery shopping list)

### Social impact

- Encourages more discussions among family and friends about diverse food dishes

### Community implication

- Promotes social interactions within the Kitchen Stories’ platform community

## IMPLEMENTATION

OT’s can implement this AT through cooking classes within an outpatient, educational or community setting:

- One-on-one interventions
- Informal workshops
- Group cooking classes

## COST

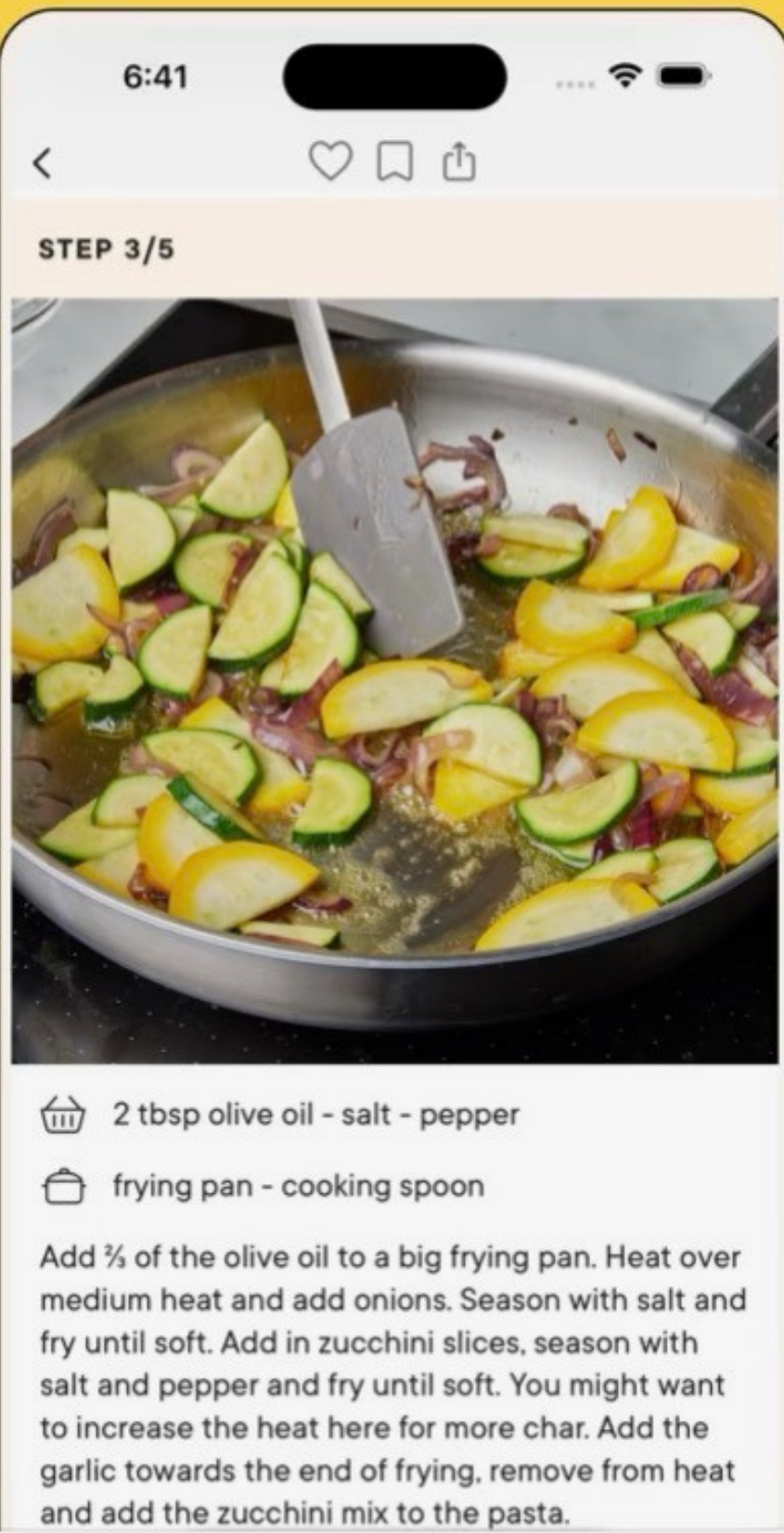
The population of young adults with ASD are still transitioning into adulthood. During this big life transition, they may not have a reliable source of income. With the assumption that most young adults have a smartphone, the Kitchen Stories provides a free-to-use platform with no additional costs.

- **Free**
- *Low cost options:* Kitchen Stories app
- *High cost options:* Personalized video modeling to take into account any assistive technology and adaptive equipment

## FUTURE PLANS

- **Add a tutorial:** Ideally, this tutorial would introduce to new users the Kitchen Stories platform, its features, and how to navigate it.
- **Simplify user interface:** For populations that may have executive functioning difficulties, simplifying the user interface can help the platform appear less overwhelming.

## Step-by-step cooking



## Video instructions

