

# ACCESS INSIDER

## The Joy of Cooking

My favorite room in our home is by far the accessible kitchen. There are more accessibility features located in the kitchen than anywhere else in our home. These features make it possible for everyone in the family to experience the joy of cooking. Over the next several issues of **Access.Insider** we will take a look at a collection of ideas that you can incorporate in your accessible kitchen.

### Accessible Kitchen Prep Area

A great meal normally starts in the Prep Area of the accessible kitchen. The hub of the Prep Area is the island where most of the chopping, slicing, dicing, rolling, mixing, peeling, pounding, rinsing, measuring, and other food preparation tasks take place.

### Accessible Cooking Area

The Cooking Area of this accessible kitchen contains a wall oven, electric cooktop, range hood, and microwave. These appliances have been configured so that they all are accessible and easy to use. The most unique accessibility feature is the cabinet under the cooktop that opens so that I can roll underneath.

### Accessible Clean-up Area

An accessible kitchen would not be complete without an area designed to simplify cleaning up the mess. This kitchen has a few accessibility features dedicated to making clean up as painless as possible.

### Accessible Storage Area

When designing an accessible kitchen, it is unlikely that storage is the first area you consider. The fact is, however, the approach taken to kitchen storage can dramatically impact the usability of the kitchen for someone with mobility impairments, or while in a wheelchair.

### NEWSLETTER HIGHLIGHTS:

Accessible Cooking	Page 1
The New ADA Standards	Page 2
Get Cooking	Page 2

## The Prep Area

The Prep Area is the cornerstone of an accessible kitchen. Just as in cooking, it's important to plan ahead, prepare, and discover what specific accessibility you need for this area. Below (and on the website) we will discuss some Prep Area accessibility.



An island, or moveable cart, should be located close to the refrigerator where many of the raw ingredients are kept. Items can easily be removed from the refrigerator and placed on the island without moving my chair.

The Prep Area could have the following accessibility features:

- Pull out cutting board
- Prep sink with garbage disposal
- Pull out faucet and/or pot filler
- Cabinet(s) with appliance lift shelves
- Ergonomic tools and utensils

*For more specific details regarding Kitchen Prep Areas please visit the News section of our web site.*

On the World Wide Web at:

[www.accessarchitectural.com](http://www.accessarchitectural.com)



# The New ADA Standards Reminder and Clarifications

The U.S. Department of Justice has adopted 2010 Standard for Accessible Design. Starting March 15, 2012 when a building is constructed new or being altered the 2010 Standard will be the required.

The rumor that I had heard from several different "informed" sources is that all elements that are not compliant with the new standard must be retrofit by March 15, 2012. That is not the case, and the use of the term "safe harbor" is causing some confusion.

"Safe harbor" means that elements that were covered in the 1991 ADAAG or the Uniform Federal Accessibility Standards (UFAS), and were built compliant, can remain that way even if the provisions in the 2010 ADA Standard may be different. However, the addition of new rules, and regulations are not part of "safe harbor" and therefore, they are not "Grandfathered in".

The new sections that were added include Golf Courses, Boating Facilities, Amusement Parks, Fishing Piers, Exercise equipment, Saunas, Steam rooms, Swimming pools, Hotel reservations, Wading pools, Spas, Shooting facilities, and Residential facilities.

Act now to ensure you're ADA compliant. Consider a Strategic Accessibility Plan, to help avoid litigation. For more information contact [peter@accessarchitectural.com](mailto:peter@accessarchitectural.com)

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## GET COOKING!

### Roast Chicken with Spring Vegetables

#### Ingredients

- 3 1/2 pounds skin-on, bone-in chicken quarters
- Kosher salt and freshly ground pepper
- 1 lemon, halved
- 3 tablespoons extra-virgin olive oil
- 1 pound fingerling or other small potatoes
- 2 bunches radishes
- 1 bunch scallions
- 1 bunch baby carrots
- 1/4 cup chopped fresh dill



#### Directions

Preheat the oven to 500 degrees F. Rinse the chicken and pat dry. Season with salt and pepper, then place skin-side up on a rimmed baking sheet. Squeeze 1/2 lemon over the chicken and drizzle with 1 tablespoon olive oil. Roast 15 minutes.

Meanwhile, cut the potatoes and radishes in half and cut the scallions into thirds. Toss the potatoes, radishes, carrots and the remaining 2 tablespoons olive oil in a bowl; season with salt and pepper. Remove the chicken from the oven and scatter the vegetables around it. Continue to roast until the vegetables are tender and the chicken is golden and cooked through, about 20 more minutes. Squeeze the remaining 1/2 lemon over the chicken and vegetables. Top with the dill and season with salt.