



Dusting

It's a popular domestic task, reaching for the bright yellow 'duster' from the clearing cupboard or the "tickle" stick!

Dusting is a simple yet relaxing domestic task which needs no support and encourages independence and physical wellbeing. There are many ways to dust here are a few ideas to involve the individuals you support to help banish those cobwebs!

You will need:

- Duster
- Dust stick
- Dust brush
- Cleaning caddy
- Spray bottles with water

What you do:

- Most individuals will naturally pick up a duster or a Dust stick and start to wipe or clean. Leaving a cleaning caddy with a sign saying, "can you help to dust?" will encourage individuals to pick up the cloth and have a go.
- Another good tip is using clean spray bottles filled with water, this gives the option to spray the tables and woodwork without worrying about harmful chemicals.
- A dust brush (like a paint brush) will help dust delicate ornaments or intricate objects which can be tricky to clean.
- Dusting can take as long as the individual wishes, they can return over and over to pick up the duster throughout the day.
- Using the "tickle stick" brings back memories for people, the famous comedian Ken Dodd used to use it in his shows and who does not enjoy waving a feather stick about while cleaning!

If you would like to discuss the information included in this resource, please call the NAPA Helpline; our free and confidential activity support service.

