



Prioritising Wellbeing

Helping with the Laundry

Doing the laundry is a part of everyday life for most of us. When at home we wash, hang and fold laundry because it is a job that needs doing, the task of 'doing the washing' can be both a meaningful activity and a domestic task that supports daily living skills.

The benefits are many:

- Physical - Reaching, grasping, lifting and other actions involved in folding laundry
- Cognitive - Separating, sizing, pairing, and allocating
- Independence - Supporting, upskilling and empowerment
- Social - Communication, singing, team working

Encourage a self-led or group activity. Create an area in your care setting where individuals can independently at their own leisure fold, hang and sort items.

You will need:

- Clothes
- Socks
- Towels, face cloths, sheets
- Pegs and peg bag
- Washing line
- Basket
- Hangers
- Ironing board
- Washing basket
- Iron
- Pinny

What you do:

- Identify an area where a laundry space would work in your care setting, it does not need to be a large space. It can be at the end of a corridor or a corner of a room.
- Make sure you have an option for someone to sit down if needed or a table they can fold and pair on.
- Leave the washing in the basket, try using small items like face cloths, socks, or children's clothing as they are lighter and easy to fold.
- Display a washing line, if possible, it might be nice to have one in the garden and encourage individuals to hang washing out in the fresh air or bring the washing in.
- Using an ironing board and iron is another good way to encourage independence. You can use a real iron and remove the cord or carry out an individual risk assessment and support an individual to help iron laundry with support.
- Hang pinnies for people to wear, most individuals would have popped a pinny on before starting domestic tasks.

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

