

Taking Care of Clothes Activity

RESIDENT IDENTIFIED CHOOSING HOW THEIR CLOTHES ARE ARRANGED AS A PREFERENCE



Supply Check-list



Assistive devices, as needed:

- Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices



Wipes



Clean laundry or the resident's clothes



Feeling Faces Emotion Assessment form



Activity Introduction

[APPROACH] Approach the resident from the front, on eye level, and smile.

[GREET] Greet the resident using their name.

[INTRODUCE] Introduce yourself using your name, and point to yourself.

[ASK] Ask how the resident is doing today.

» Say: "How are you doing today?"

[ASSESS] Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

[RESPOND] Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

Activity Questions

Question Suggestions:

- What do you like about taking care of your clothes?
- Did you fold the laundry for your family?
- Do you find folding laundry relaxing?
- Do you have a favorite color of clothes?
- What is your favorite clothing item here?
- What's your favorite way to arrange your clothes?
- Do you prefer to fold or hang your clothes?

Activity Instructions

[INTRODUCE] Introduce the personal care activity.

- » Say: "I know having your clothes arranged a certain way is important to you. Would you like me to help you take care of your clothes?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident if they would like to fold, hang, or arrange their clothes today.

- » Say: "Would you like to fold, hang, or arrange your clothes today?"
- » Do: Demonstrate each method of taking care of clothes.
- » Variation: If they are unable to choose a method, then pick one that aligns with their preferences.

[CHOICE] Ask the resident what type of clothing they would like to [fold, hang, or arrange] today (use whatever method the resident prefers).

- » Say: "What type of clothes would you like to [fold, hang, or arrange] today?"
- » Do: Offer different types of clothing and hold them up as you list them.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose, then pick one that aligns with their preferences.

Activity Instructions continued

[BEGIN] Begin arranging, folding, or sorting the resident's clothes with the resident.

[ENCOURAGE] Encourage the resident (remember: engagement over correctness).

- » Say: "You're very organized." or "That's a great way to arrange your clothes!"
- » Do: Smile and nod, point to the clothes.

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer to assist the resident with the activity, if needed.

- » Say: "I will be right here if you need any help."
- » Do: Observe the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, continue to encourage choice, but support their hand or allow their hand to guide you in arranging their clothes.

✱ If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

Using the Senses

[SENSE] Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see**, **touch**, and **smell** during the activity, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

» **See:** Encourage the resident to look at their clothes and describe them.

"Can you see the different colors and patterns of your clothes? Can you describe how they look?"

» **Touch:** Encourage the resident to touch their clothes and describe the feeling.

"Can you feel the different textures of your clothes?
What do they feel like? Can you describe it?
Does it remind you of anything?"

» **Smell:** Encourage the resident to smell their clothes if they've been freshly washed.

"What do your clothes smell like? Do they smell good?
Does the smell remind you of anything?"

Activity Closing

[THANK] Thank the resident for doing the activity with you.

[ASK] Ask for feedback:

» Say: "How did you feel about taking care of your clothes today?"

[ASSESS] Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

[ASK] Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

great job!

