



HOUSEHOLD CHORES

While many of us would agree that household chores don't exactly scream "fun and games", they can provide someone with dementia with a sense of accomplishment.

There are many household chores that your client can do to help around the house making them feel productive and useful...a contributing member and an active participant in the world around them.

The challenge is finding tasks that are suitable for your client to accomplish and modifying the task to their cognitive and physical abilities. It's not important how well the tasks are done, but that they feel good about the job they did.

Should your client be hesitant to participate, encourage them by telling them "you need their help". Together, fold the laundry, change the sheets, set the table, prepare the meal, etc.

If your client is a fall risk, make sure they are seated when performing tasks. For example, when peeling potatoes, bring the garbage pail over to where they are seated rather than have them stand at the sink.

Bottom line, these activities are about keeping your client engaged and increasing their self-worth. If you have to "redo" a task, do it discreetly when they are aren't around. You want to build up your client's self-image not tear it down. As always, maintain your client's dignity and respect.

**A MOMENT IN TIME:
LET'S LEARN, LAUGH, PLAY AND PRAY!**

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Folding - Help fold the laundry. Small items are best. For example: towels, hand towels, facecloths, kitchen towels, napkins, and pillowcases.



Change the Sheets and Make the Bed - Help make the bed and change the sheets provided your client is NOT a fall risk.



Dusting - Dust the photos on the mantle or bookcase while discussing each photo - who, when, where. Dust a bookshelf while organizing the books by name, author, or size - whichever they can do.



Water the Plants and Transplant as Needed - Water weighs a lot! Many seniors cannot carry or lift a large container of water because it's just too darn heavy. Offer a small pitcher of water or only half fill a watering can for your client to water the plants.



Peeling Potatoes and Veggies and Snapping Beans - Help with meal preparation by peeling potatoes and veggies using a peeler, NOT a knife.



Put Away the Cutlery - Sort and put away the knives, spoons, and forks in the cutlery drawer.



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Polish the Silver

Polish the silver using toothpaste and water. Dry and buff to a nice shine.



Polish the Copper

Polish copper using ketchup – pour on generously, let sit in the sink. Wash with soap and water and dry.

Wardrobe - Replace dresser drawer liners (use wrapping paper). Swap out seasonal clothes: winter to spring and spring to summer, etc. (Less choices in the closet make life easier sometimes.) Straighten out the sock drawer by matching up all the socks.



Organize the Following - Pantry discarding expired food items, Pots and pans with their lids, Tupperware putting lids with the right containers (or nest them), Bathroom medicine cabinet discarding expired medicines.

Clean out the Junk Drawer - Sort rubber bands, pens, and whatever else is in that junk drawer! (Every household has one!)



Shred Paper - Shred old paperwork and junk mail.