

LAUNDRY ACTIVITIES

for a person with dementia and their care partner

Folding Laundry

The simple activity of folding laundry can bring purpose and meaning to a person with dementia.

Matching Socks

Have the person match a bin of socks and then put them away in the drawer.

Hang Up Clothes

Place clothes on hangers and put them in closet and drawers. This not only is a meaningful activity but can also help with familiarity of items, especially with routine repetition.

Wash a Load of Laundry

Complete a load of laundry from start to finish (washer to dryer). Place simple step-by-step instructions on or near washer and dryer to make the task more independent for the person.

Note: First provide visual demonstration, and then observe the person to assess what they can do on their own with the use of visual aids. Help them where needed with strategies like step-by-step verbal instructions and hand-over-hand assistance.

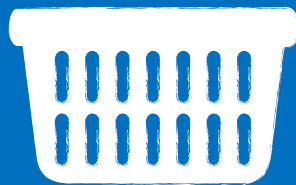
INVITATIONAL SIGN EXAMPLES

Tips When Making Invitational Signs:

- Use Sans Serif Type Face (Arial, Helvetica, Calibri).
- Utilize Bright Color Palette (Blue, Pink, Green, Purple) with White text.
- On every sign, start with "Please" and then state the activity.
- Add a simple icon to help describe the activity, if possible.

Folding Laundry

Please fold the
laundry in the
basket.



Matching Socks

Please match the
socks.

