**Folding Laundry**

**Needed:**

* Resident’s recently laundered clothes and/or towels.
* Chair for resident if needed.

**Reason:**

* Hand and arm strength and motion.
* Requires attention and concentration.
* Soothing familiar movement can be helpful to wandering or agitated residents.

**Directions For Staff:**

* Ask the resident to help fold or hang laundry.
* Based on resident’s ability, assist resident as he or she does as much of the folding as possible.
* Ask the resident to help put hanging clothes in the closet and folded clothes in dresser drawers.
* Guide resident to open doors and drawers and identify where clothes should go (socks with socks, shirts with shirts, etc.)
* Talk with resident about the smell and feel of clean laundry.
* Thank the resident for his or her help and frequently praise the resident for participating.