

10. Laundry

Is the person able to do laundry?

No

Task	Is the person able to carry laundry to the washing machine?	Is the person able to sort clothing?	Is the person able to get clothes in and out of the washer and dryer?	Is the person able to fold the clothes?	Is the person able to put the clothes away?
Why not?	<ul style="list-style-type: none"> - Too heavy - Upper extremity weak - Access: unable to get to it (location in laundry area, appliances are down stairs or upstairs) 	<ul style="list-style-type: none"> - Can't see - Cognitive issues 	<ul style="list-style-type: none"> - Can't stand - Top loader - Unable to empty hamper - Too heavy - Can't bend over - Can't reach - Laundry tangle - Upper extremity weak - Access – unable to get to the machines 	<ul style="list-style-type: none"> - Limited upper extremity function - Cognitive issues 	<ul style="list-style-type: none"> - Too heavy - Bulky - Can't fill hamper - Can't fold
Intervention?	OT	OT	OT	OT	OT
Solutions and Strategies	<ul style="list-style-type: none"> - PSS - Home mods - Rolling cart - Reacher - Service animal - Laundry service 	<ul style="list-style-type: none"> - Sorting chart - Picture cues - Multi-pocket container - Only buy darks, colors, or whites - Tactile cues - Hampers in different colors 	<ul style="list-style-type: none"> - Front loader - Chair - Reacher - Rolling laundry cart - PSS - Service animal - Drying rack - PSS - Home mods 	<ul style="list-style-type: none"> - Folding board - Folding table or area - Hang clothes instead 	<ul style="list-style-type: none"> - PSS - Reacher - Folding table - Rolling laundry cart - Service animal - Clothes on shelf where can reach - Rolling laundry rack

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No

<p>Task</p> <p>Why not?</p>	<p>Is the person able to operate washer and dryer?</p> <ul style="list-style-type: none"> - Can't add soap - Can't open soap - Can't lift it - Can't reach - Can't turn on - Can't pull or turn knobs - Can't reach knobs - Can't read knobs (or see) - Too complicated to work 	<p>Is the person able to iron clothes?</p> <ul style="list-style-type: none"> - Decreased sensation - Ironing board not accessible - too high - Mobility 			
<p>Intervention?</p>	<p>OT</p>	<p>OT</p>			
<p>Solutions and Strategies</p>	<ul style="list-style-type: none"> - Little pods - Powder - Placement of containers - Simple home mods shelf - Tactile marks - Training - Touchscreen - High contrast - Visible cues on knob settings 	<ul style="list-style-type: none"> - Use steamer - Lower ironing board - Countertop / tabletop ironing board 			