## 10. Laundry

Is the person able to do laundry?

No

<table>
<thead>
<tr>
<th>Task</th>
<th>Why not?</th>
<th>Interventions</th>
<th>Solutions and Strategies</th>
</tr>
</thead>
</table>
| Is the person able to carry laundry to the washing machine? | - Too heavy  
- Upper extremity weak  
- Access: unable to get to it (location in laundry area, appliances are down stairs or upstairs) | OT  
- PSS  
- Home mods  
- Rolling cart  
- Reacher  
- Service animal  
- Laundry service | OT  
- Sorting chart  
- Picture cues  
- Multi-pocket container  
- Only buy darks, colors, or whites  
- Tactile cues  
- Hampers in different colors  
- Front loader  
- Chair  
- Reacher  
- Rolling laundry cart  
- PSS  
- Service animal  
- Drying rack  
- PSS  
- Home mods  
- Folding board  
- Rolling table or area  
- Hang clothes instead |
| Is the person able to sort clothing? | - Can’t see  
- Cognitive issues | OT  
- Front loader  
- Chair  
- Reacher  
- Rolling laundry cart  
- PSS  
- Service animal  
- Drying rack  
- PSS  
- Home mods | OT  
- Folding board  
- Rolling table or area  
- Hang clothes instead |
| Is the person able to get clothes in and out of the washer and dryer? | - 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 | OT  
- Front loader  
- Chair  
- Reacher  
- Rolling laundry cart  
- PSS  
- Service animal  
- Drying rack  
- PSS  
- Home mods  
- Folding board  
- Rolling table or area  
- Hang clothes instead |
| Is the person able to fold the clothes? | - Limited upper extremity function  
- Cognitive issues | OT  
- Folding board  
- Rolling table or area  
- Hang clothes instead |
| Is the person able to put the clothes away? | - Too heavy  
- Bulky  
- Can’t fill hamper  
- Can’t fold | OT  
- Folding board  
- Rolling table or area  
- Hang clothes instead |
<table>
<thead>
<tr>
<th>Task</th>
<th>Is the person able to operate washer and dryer?</th>
<th>Is the person able to iron clothes?</th>
<th>Why not?</th>
<th>Intervention?</th>
<th>Solutions and Strategies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the person able to operate washer and dryer?</td>
<td>No</td>
<td></td>
<td>- Can’t add soap</td>
<td>OT</td>
<td>- Little pods</td>
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<td>- Can’t open soap</td>
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<td>- Powder</td>
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<td>- Can’t lift it</td>
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<td>- Placement of containers</td>
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<td>- Can’t reach</td>
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<td>- Simple home mods shelf</td>
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<td>- Can’t turn on</td>
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<td>- Tactile marks</td>
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<td></td>
<td>- Can’t pull or turn knobs</td>
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<td>- Training</td>
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<td>- Can’t reach knobs</td>
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<td>- Touchscreen</td>
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<td>- Can’t reach knobs</td>
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<td>- High contrast</td>
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<td>- Can’t reach knobs (or see)</td>
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<td>- Visible cues on knob settings</td>
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<td>- Too complicated to work</td>
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<td>- Decreased sensation</td>
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<td>- Ironing board not accessible</td>
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<td>- Too high</td>
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<td>- Mobility</td>
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