

Cleaning Activity

RESIDENT IDENTIFIED TAKING CARE OF THEIR PERSONAL BELONGINGS,
SPECIFICALLY CLEANING, AS A PREFERENCE



Supply Check-list



Assistive devices, as needed:

- Resident's glasses or magnifying glass, hearing aids, walker, or other assistive devices



Wipes



Cleaning supplies

- Dust cloth/duster, paper towels, cleaning sprays, broom, dust pan, vacuum, mop, and any other available supplies



Feeling Faces Emotion Assessment form



Activity Introduction

[APPROACH] Approach the resident from the front, on eye level, and smile.

[GREET] Greet the resident using their name.

[INTRODUCE] Introduce yourself using your name, and point to yourself.

[ASK] Ask how the resident is doing today.

» Say: "How are you doing today?"

[ASSESS] Complete the '**before**' portion of the Emotion Assessment form.

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**before**' Feeling Faces.

[RESPOND] Respond to and validate their response.

» Say: "So glad to hear you're well today." or "I'm sorry you're not feeling well."

» Do: Address the person's needs, if applicable.

Activity Questions

Question Suggestions:

- What do you like about cleaning?
 - Have you always liked cleaning?
 - Who taught you to clean?
- How often did you clean your home?
- What's your favorite thing to clean?
- What's your favorite cleaning product?

Activity-related Suggestions:

- Do you see anything else that needs to be cleaned?

Activity Instructions

[INTRODUCE] Introduce the personal care activity.

- » Say: "I know it's important for you to take care of your personal space and belongings, and that you enjoy cleaning. Would you like me to help you clean your room today?"
- » Do: Show the resident the materials you will be using and explain how they work, if needed.

[CHOICE] Ask the resident what they would like to clean.

- » Say: "Would you like to clean the [list items that can be cleaned]?"
- » Do: Point to the items as you offer them.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose a color, then pick one that aligns with their preferences.

[CHOICE] Ask the resident what they would like to clean with.

- » Say: "What would you like to clean with? We have [list available supplies]."
- » Do: Hold up the cleaning supplies as you offer them.
- » Variation: If more help is needed, only present 2 options at once, as to not overwhelm the resident. If they are unable to choose, then pick one that aligns with their preferences.

[BEGIN] Begin cleaning with the resident.

Activity Instructions continued

[ENCOURAGE] Encourage the resident (remember: engagement over correctness).

- » Say: "Your room looks so nice and clean!" or "You're great at cleaning."
- » Do: Smile and nod, gesture around the room.

[ASK QUESTIONS] See question card for ideas.

[OFFER] Offer to assist the resident with the activity, if needed.

- » Say: "I will be right here if you need any help."
- » Do: Observe the resident and if they are struggling, offer to help.
- » Variation: If more help is needed, continue to encourage choice, but guide their arms or hands or help them in another way.

* If the resident is struggling with the activity, simplify questions and/or engage more with sense (see next page).

Using the Senses

[SENSE] Engage the resident by using prompts, such as questions or gestures, relating to the five senses. Encourage the resident to **see** and **touch** during the activity, for a sensory experience.

(Tip: Participate with the resident, you can answer these questions too).

» **See:** Encourage the resident to look at the cleaning supplies.

"Can you describe the different cleaning supplies? What makes them different? What are the different supplies used for? Do they remind you of anything?"

» **Touch:** Encourage the resident to touch the supplies (if applicable) and describe the feeling.

"Can you feel the different textures of the supplies? How do they feel? Do you like that feeling?"

Activity Closing

[THANK] Thank the resident for doing the activity with you.

[ASK] Ask for feedback:

» Say: How did you feel about cleaning your room today?

[ASSESS] Complete the '**after**' portion of the Emotion Assessment form

» Say: "Which face shows how you feel right now?"

» Do: Present the resident with the Emotion Assessment '**after**' Feeling Faces.

[ASK] Ask if the resident needs anything before you leave and wipe down materials before storing the supplies.

great job!

