

Hang the Laundry©

Encourage the residents to hang the socks that are in the basket on the clothespins hanging on the line. Residents can do this when sitting in their wheelchairs or when standing. This item is especially useful for women of all functioning levels and provides R.O.M. and a familiar hand-eye activity.

Cues for this action: “Here are some socks that you can hang on the clothes line using these clothes pins. *Demonstrate* -Take a sock out of the basket and hang it on the line with a clothespin. *Now cue* - “You try it.”

Promotes:

1. Reach, grasp, and release skills.
2. Range of motion of upper extremities.
3. Focus and concentration.
4. Need for repetitive movement.

Discussion ideas:

Did you use to hang clothes on a clothesline?

How did you wash your clothes?

What types of clothes did you hang on your clothesline?

Who was responsible for doing the laundry in your home?

Need:

- prepared 2x2 board
- two 24” pieces of wooden closet rod four flat head screws, approximately 1-1/2” long
- one pair of 36” sturdy white shoelaces 18 plastic spring clothespins
- eight 1/2” long round-head screws
- two 12” x 17” pieces of colorful cotton fabric assortment of children’s socks, handkerchiefs, and other small items to hang on the clothes line.

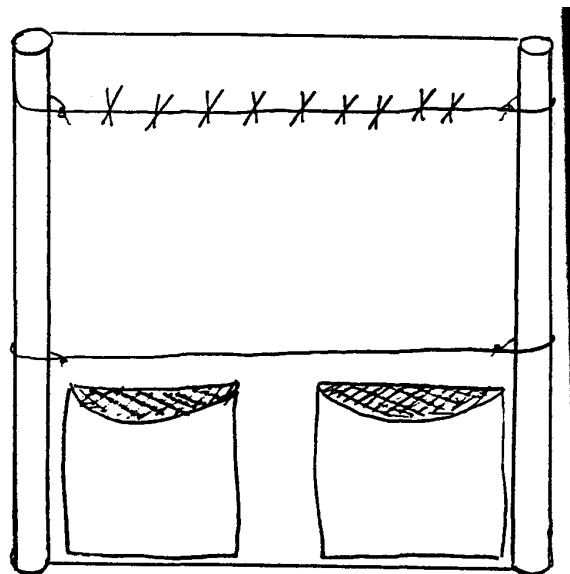
Instructions:

Using screws, from the back side of the 2x2 board, attach the closet rod pieces to the plywood.

Thread 9 of the clothespins on one of the shoelaces. (Lace the shoelace through the centers of the clothespin springs.)

Loosen the screws just enough to slip the shoelaces through the crack between the pieces of closet rod and the plywood, as shown.

The top shoelace, with the clothespins attached should be about 3” from the top edge of the plywood. The other shoelace, without any clothespins attached, should be 12” below the first shoelace.



Making sure the shoelaces are taut, tie the shoelaces as shown and tighten the screws.

Sew the fabric bags as shown. The tapered fabric allows for the bags to stay open. The 9" edge of the bag is glued to the board, with the 12" edge gaping open for easy access to the clothespins.

Glue the fabric bags to the board. Reinforce the bags with a round head screw at each corner.

Put 9 of the clothespins in one of the bags. Put the items of clothes in the other bag.

