

Household Chores to Involve Your Loved One In

When looking to find an activity to keep your loved one feeling important and purposeful, as well as feeling happy and not anxious, look no further than around the house. It's true – household chores are often thought of as “too difficult” for seniors of varying abilities to conquer, but adapting those chores can in fact be a wonderful way for your loved one to happily pass the time. Even better, household chores are often failure free, which means that your loved one will feel valued while working on tasks that increase range of motion and mobility.

It may feel odd at first – after all, you can feel like you should be helping your loved one instead of delegating tasks. However, completing tasks together or side-by-side can increase feelings of belonging and create a shared experience for both of you.



Folding Laundry

A tried and true task, folding laundry can increase fine motor range of motion and the repetitive nature of the chore can be wonderfully calming in the face of dementia related anxiety. Try keeping batches similar: a basket full of towels or a basket full of sheets works great.

Matching Socks

Another hit in senior care, sock matching can assist with judgment and higher level cognitive skills, as well as fine motor work.

Sweeping

Seniors who have good balance and a desire for clean floors will love helping out with this task. You can help out with the dust pan, but let your loved one handle the sweeping as they are able.

Dusting

If your loved one is a worrier or experiences some anxiety due to memory loss, dusting can be the perfect calming diversion. A simple rag or dust cloth during evening hours can provide your loved one with something to do instead of wander or worry.

Washing Fruits and Veggies

Enlist the help of your loved one to stand (or sit) at the sink to wash fruits and vegetables after a grocery trip. Standing, while supported at the kitchen sink, to wash the produce is wonderful practice that can increase lower extremity strength.

Meal Planning

Before you hit the grocery store together, ask your loved one to help with menu planning for the week. Your loved one can sift through recipes, write down ingredients, or simply look through magazines for inspiration as you build your grocery list.

While chores may not work for every senior, it can be a tool that family members can use to connect with their loved ones. Simply adapt the chore to the ability of your loved one, and don't forget to do the task together! Looking for more tools to help you be a better caregiver to your loved one? [Check out our Family Resource Center](#) or let our skilled staff members [set up a plan](#) to give your loved one the care she needs at home with our Angels.

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