



# Spring Cleaning Activities for Residents Living with Dementia

As we gear up for the vibrant energy of spring, it's the perfect time to spruce up our senior living communities with a touch of renewal and reminiscence. And what better way to do that than by diving into some purposeful spring cleaning activities?

You know, spring cleaning isn't just about tidying up; it's about infusing our home with a fresh burst of newness and air. So, why not invite our residents to join in on the fun? After all, this is their home, and what better way to celebrate the season than by rolling up our sleeves together?

Here are a few great ideas that can be done in a group setting or as independent activities for your residents.

## **Sort Clothing:**

Let's kick things off by organizing some closets - figuratively! Gather up those spring and winter clothes, and let residents work their magic. Whether they're sorting by season or color, every little effort counts. A pro tip is to label the Activity clothing ahead of time, as well as the laundry basket so there is no mix up if an article accidentally goes into a resident's room or laundry.

## **Fold Laundry:**

Who knew folding laundry could be so therapeutic? Pass around some towels or linens, and let the folding frenzy begin! With a little guidance and a whole lot of encouragement, our residents can master this task in no time. If you're not able to fold cloths or towels that your community uses, purchase your own or ask for donations.

## **Dust:**

Time to banish those dust bunnies! Hand out some dusters and let residents give those surfaces a gentle once-over.

## **Arrange Flowers:**

Let's add a pop of color to our day with some flower arranging! Set up a station with blooms and vases, and watch the creativity bloom. As residents arrange flowers and chat about their favorite colors and scents, it's a beautiful reminder of the joys of spring.

## **Wipe Surfaces:**

A clean space is a happy space! Pass out some non-toxic wipes and let residents tackle those countertops and tables with gusto. With a little supervision, we can ensure that everyone stays safe while they spruce up their surroundings.

## **Water Plants:**

Time to give our green friends some love! Hand out watering cans and let residents care for our indoor plants and herbs. It's a chance for them to connect with nature and take pride in nurturing something beautiful.

## **Organize Drawers:**

Help residents tidy up those drawers filled with odds and ends, and marvel at the transformation. With a bit of creativity and some handy dividers, we can turn chaos into order in no time. A great way to simplify this activity is to provide templates for where everything should go.

## **Sort Mail:**

Mail call! Pass around some magazines and letters, and let residents channel their inner postal workers as they sort through the stack. You can even have a group label them in advance. They can be organized by size, color, stamp, or even weight depending on your group.

## **Sort Silverware:**

Residents can sort through the silverware, and let them show off their knack for organization. With a little encouragement and some handy templates, they'll have those forks and knives lined up like pros.

## **Wipe down Walkers:**

Walkers are always in need of a little TLC! Hand out some wipes, and let residents give them a gentle wipe-down. It's a simple task that makes a big difference, and it's a great way for everyone to pitch in and help out.

Spring cleaning isn't just about making things tidy; it's about coming together as a community and celebrating the beauty of renewal. So, let's roll up our sleeves, grab our dusters, and dive into some spring cleaning fun! Together, we can make our home shine brighter than ever before.