

Hand-out for Home Assignment

Day 4



A LIFE ENHANCING SUITE



UJUZI FURSA AFRICA

SKILLS FOR OPPORTUNITIES



SL 4.1 Assisting in Laundry and Ironing

In this module, you will learn about:

- The importance of wearing clean clothes
- How you can handle clothes hygienically
- How to hand-wash clothes
- How to wash clothes in a washing machine
- How to iron clothes

Summary

1. When helping with laundry, always wear gloves
2. Check and separate soiled clothes
3. Rinse the soiled clothes thoroughly
4. Soak soiled clothes in a disinfectant for at least an hour before washing them with other clothes
5. If a person suffers from a contagious disease, handle their clothes separately
6. Before washing, separate the light colored clothes from the dark ones
7. Read the garment labels for wash instructions
8. Turn the clothes inside out and check the pockets
9. Never leave the iron after ironing is done



SL 4.1 Assisting in Laundry and Ironing



When helping with laundry, always wear gloves



Check and separate soiled clothes



Rinse the soiled clothes thoroughly



Soak soiled clothes in a disinfectant for at least an hour before washing them with other clothes



If a person suffers from a contagious disease, handle their clothes separately



Before washing, separate the light colored clothes from the dark ones



SL 4.1 Assisting in Laundry and Ironing



Read the garment labels for wash instructions



Turn the clothes inside out and check the pockets



**Never leave the iron lying around after the ironing is done.
Put it away immediately.**



SL 4.2 Dusting Furniture

In this module, you will learn about:

- Importance of maintaining a dust-free clean environment for the person under your care
- How to dust furniture properly
- The different types of vacuum cleaners
- How to use a vacuum cleaner

Summary

1. To get rid of dust mites, soak bed covers in hot water
2. Avoid dust bunnies by dusting corners and under furniture and objects
3. To dust effectively:
 1. Wet cloth
 2. Wipe surface slowly
 3. Dust around and then under the objects
 4. Start dusting on top of shelves and then move to the lower shelves
4. Use microfiber cloths as they absorb oil and dirt
5. Dust every day or on alternate days
6. Clean the ceiling, mats, window frames, fans or air conditioners once a month
7. To clean glass, spray the glass with a glass cleaner spray and then use quick hand movements to wipe it with a microfiber cloth
8. Use the vacuum cleaner at least once a week to clean rugs, upholstery, windowsills, and carpets
9. To use a vacuum cleaner:
 1. Attach appropriate nozzle
 2. Use front-back movements
 3. Change the direction occasionally
 4. Clean the dust bag outdoors



SL 4.2 Dusting Furniture



To get rid of dust mites, soak bed covers in hot water



Avoid dust bunnies by dusting corners and under furniture and objects



To dust effectively: 1)Wet cloth 2) Wipe surface slowly 3) Dust around and then under the objects 4) Start dusting on top of shelves and then move to the lower shelves



Use microfiber cloths as they absorb oil and dirt



Dust every day or on alternate days



Clean the ceiling, mats, window frames, fans or air conditioners once a month



SL 4.2 Dusting Furniture



To clean glass, spray the glass with a glass cleaner spray and then use quick hand movements to wipe it with a microfiber cloth



Use the vacuum cleaner at least once a week to clean rugs, upholstery, windowsills, and carpets



To use a vacuum cleaner: 1) Attach appropriate nozzle 2) Use front-back movements 3) Change the direction occasionally 4) Clean the dust bag outdoors



SL 4.3 Organising and Cleaning the Elder's Bathroom

In this module, you will learn about:

- The need to clean and organize the elder's bathroom
- The steps to clean and organize the elder's bathroom
- A few assistive devices for making the bathroom safer for the elder

Summary

1. To clean the elder's bathroom:

1. Discard all empty bottles and wrappers
2. Remove all soiled clothes into laundry
3. Once a week, clean the wall tiles, bathroom fittings and ceiling
4. Clean the bathroom floor, sink, bath tub, and commode every day
5. After cleaning, dry the bathroom floor completely
6. Wipe clean the sink, bathtub, and the toilet seat
7. Spray or keep a cake of a mild deodorant in the bathroom

2. To organize the elder's bathroom:

1. Remove all unnecessary objects
 2. Keep the bathroom area well lit
 3. Replenish supplies like soap, shampoo, and toilet paper
 4. Keep fresh towels in the bathroom
 5. Make sure all required things are kept within easy reach of the elder
3. Get some assistive devices installed in the bathroom for the elder's safety



Discard all empty bottles and wrappers



Remove all soiled clothes into laundry



Once a week, clean the wall tiles, bathroom fittings and ceiling



Clean the bathroom floor, sink, bath tub, and commode every day



After cleaning, dry the bathroom floor completely



Wipe clean the sink, bathtub, and the toilet seat



SL 4.3 Organising and Cleaning the Elder's Bathroom

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SKILLS FOR OPPORTUNITIES



Spray or keep a cake of a mild deodorant in the bathroom



To organize the elder's bathroom: 1)remove all unnecessary objects



2) Keep the bathroom area well lit



3) Keep fresh towels in the bathroom 4) Replenish supplies like soap, shampoo, and toilet paper 5) Make sure all required things are kept within easy reach of the elder



Get some assistive devices installed in the bathroom for the elder's safety



SL 4.4 Organizing the Elder's Closet

In this module, you will learn about:

- The need to get rid of clutter in an elder's closet
- Organizing an elder's closet to keep daily use items within easy reach
- A few items that make the use of a closet easier
- The steps to clean an elder's closet

Summary

1. To organize an elder's closet:

- 1) Take permission from the elder or a family member
- 2) Discard all unwanted items
- 3) Or shift them to less used storage areas
- 4) Arrange items of daily use within easy reach
- 5) Store items at suitable height depending on how the elder uses the closet
- 6) Ask for elder's preference about how to store daily use items
- 7) Get a light installed in the closet
- 8) And, keep a chair nearby

2. To clean an elder's closet:

- 1) Set aside a time for the task every few weeks
- 2) Empty all the shelves
- 3) Ensure the elder is not exposed to dust
- 4) Dust all areas of the closet
- 5) Wipe the shelves using a suitable cleaner
- 6) Leave the closet open to remove dampness
- 7) Keep a deodorant in the closet
- 8) Arrange all items back in the closet on appropriate shelves



SL 4.4 Organizing the Elder's Closet



Take permission from the elder or a family member



Discard all unwanted items



Or shift them to less used storage areas



Arrange items of daily use within easy reach



Store items at suitable height depending on how the elder uses the closet



Ask for elder's preference about how to store daily use items



SL 4.4 Organizing the Elder's Closet



Get a light installed in the closet



And, keep a chair nearby



Set aside a time for the task every few weeks



Empty all the shelves



Ensure the elder is not exposed to dust



Dust all areas of the closet



SL 4.4 Organizing the Elder's Closet



Wipe the shelves using a suitable cleaner



Leave the closet open to remove dampness



Keep a deodorant in the closet



Arrange all items back in the closet on appropriate shelves



SL 4.5 Tidying up Home Environment

In this module, you will learn about:

- The need to maintain a tidy environment for the person under your care
- How you can tidy up the living space of the person under your care

Summary

1. Take appropriate permissions before organizing the living area
2. Sort out any non-essential items that the person does not use every day
3. Take permission from the family or elder to discard these items
4. Otherwise, move these items to less frequently used storage areas
5. Define a place for everything; keep things in the defined place after use
6. Use baskets, containers, hooks, chest of drawers, and closet systems to organize things
7. Stack newspapers and magazines one over the other in a designated shelf; dispose them once in a week
8. Create a place to store books, DVDs, CDs, and stationery items
9. If there are babies in the house, ensure that the cabinets within their reach are baby proofed
10. For elders, store things they use daily at a comfortable height
11. Ask for the family's or elder's preference while storing the items
12. Keep them out of reach of children
13. Keep a laundry basket to store used clothes
14. Store toys in a toy organizer
15. To keep the kitchen tidy:
 - 1) Keep frequently-used things at a reachable distance and
 - 2) Do not clutter the work surface
16. In the bathroom:
 - 1) Organize the toiletries in cabinets and shelves
 - 2) Discard all empty bottles and wrappers
 - 3) Put all dirty clothes in laundry every day



SL 4.5 Tidying up Home Environment



Take appropriate permissions before organizing the living area



Sort out any non-essential items that the person does not use every day



Take permission from the family or elder to discard these items



Otherwise, move these items to less frequently used storage areas



Define a place for everything; keep things in the defined place after use



Use baskets, containers, hooks, chest of drawers, and closet systems to organize things



SL 4.5 Tidying up Home Environment



Stack newspapers and magazines one over the other in a designated shelf; dispose them once in a week



Create a place to store books, DVDs, CDs, and stationery items



If there are babies in the house, ensure that the cabinets within their reach are baby proofed



For elders, store things they use daily at a comfortable height



Ask for the family's or elder's preference while storing the items; keep them out of reach of children



Keep them out of reach of children



SL 4.5 Tidying up Home Environment



Keep a laundry basket to store used clothes



Store toys in a toy organizer



To keep the kitchen tidy: 1) Keep frequently-used things at a reachable distance 2) Do not clutter the work surface



In the bathroom: 1) Organize the toiletries in cabinets and shelves



2) Discard all empty bottles and wrappers



3) Put all dirty clothes in laundry every day



SL 4.6 Using Home Appliances

In this module, you will learn about:

- The various home appliances
- How to use various home appliances

Summary

1. The common kitchen appliances include:

- | | |
|---------------------|--------------------|
| 1) Reamer | 7) Stove |
| 2) Juicer | 8) Induction stove |
| 3) Popup toaster | 9) Hotplate |
| 4) Toaster oven | 10) Microwave |
| 5) Sandwich toaster | 11) Fridge |
| 6) Food processor | |

2. Other home appliances include

- | | |
|--------------------|--------------------|
| 1) Vacuum cleaner | 4) Air conditioner |
| 2) Washing machine | 5) Heater |
| 3) Dryer | |



SL 4.6 Using Home Appliances



Reamer



Juicer



Popup toaster



Toaster oven



Sandwich toaster



Food processor



SL 4.6 Using Home Appliances



Stove



Induction stove



Hotplate



Microwave



Fridge



Vacuum cleaner



SL 4.6 Using Home Appliances



Washing machine



Dryer



Air conditioner



Room heater

Thank
You!

Quiz Test Day 4



A LIFE ENHANCING SUITE



SL 4.1 Assisting in Laundry and Ironing

Label the Pictures:





SL 4.2 Dusting Furniture

Label the Pictures:



1



2



3



4



5



6



7



8



9



10



11



12



SL 4.3 Organising and Cleaning the Elder's Bathroom

Label the Pictures:



1



2



3



4



5



6



7



8



9



10



11



SL 4.4 Organizing the Elder's Closet

Label the Pictures:



1

2

3

4



5



6



7

8



9



10



11

12



13



14



15

16



SL 4.5 Tidying up Home Environment

Label the Pictures:



1



2



3



4



5



6



7



8



9



SL 4.5 Tidying up Home Environment

Label the Pictures:



10



11



12



13



14



15



16



17



18



SL 4.6 Using Home Appliances

Label the Pictures:





SL 4.6 Using Home Appliances

Label the Pictures:



Thank
You!