

Dish Drying

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Purposeful tasks give participants an opportunity to exercise mastery and control, to obtain a sense of order, and to connect and engage with their surroundings. Success in these tasks provides a sense of closure and accomplishment. Some of the benefits of participating in dish drying include enhanced independence in an activity of daily living, participating in a cooperative, social activity, and practicing eye-hand coordination and upper body range of motion.

MATERIALS

- Two trays (We use serving trays like those found in a cafeteria or fast food restaurant)
- Four plastic saucers
- Four plastic bowls
- Four plastic cups
- One plastic dish drying rack
- One plastic tub containing water
- One dishtowel



SET UP

1. Set the saucers, bowls and cups into the tub of water.
2. Put the tub and dishtowel on the first tray.
3. Position the dish drying rack on the second tray.
4. Place the first tray in front of the participant.
5. Set the tray with the drying rack next to the first tray, on the dominant-hand side, ensuring that both trays are accessible to the participant.

INSTRUCTIONS

1. Tell the participant, "Let's dry these dishes."
2. Pick up one of the plates.
3. Dry the dish with the dishtowel.
4. Place the plate in the dish drying rack.
5. Ask the participant to dry the remainder of the dishes. (Assist as needed.)

EXTENSIONS

- Wash and dry plastic plates or dishes made from different unbreakable materials.
- Ask participants to sort bowls and plates of different sizes.
- Have them sort plastic knives, spoons and forks.

HORIZONTAL PROGRAMMING

- Ask participants to dry pots, pans, utensils, etc.
- Ask participants to wash dishes with soapy water and a sponge or dishrag.

VERTICAL PROGRAMMING - DOWNWARD EXTENSION

- You dry the dishes and have participants put them in the dish rack.
- Have participants tell you or point to which things should be dried.
- Have participants read to you from a large print book or magazine while you do the dishes.

VERTICAL PROGRAMMING - UPWARD EXTENSION

- Ask participants to do the dishes after dinner. If they are unable to stand at the sink, you can set up two tubs at a table, filling one with soapy water and the other with clean water for rinsing.
- Also, you can have participant dust furniture, which practices the same motions involved in rubbing the dishrag and towel over the dishes

PROBLEMS AND SOLUTIONS

P: The participant is unable to follow the multi-steps involved in this activity.

S: Have participant do only one step, such as drying or only placing dried dishes into the rack.

S: (GROUP Activity): Construct an assembly line of workers with one participant picking up the dish, one drying the dish, etc.

P: Participant cannot hold or dry dishes.

S: Have the participants "supervise," asking questions such as "Which dish should I dry now?" or "Where does this go when it's dry?" as you do the activity.

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