

## Feeling Useful – Daily Living Task



### Polishing Furniture

A genuinely useful daily living task which has the added benefits of exercise and routine rhythm.

#### What To Do

For all who are able or wish to, choose a piece of furniture to polish – coffee tables are ideal.

Provide furniture polish, dusters and cloths. Residents may find it most satisfying and reminiscent to use a beeswax polish rather than a spray, and take care with directing sprays and be aware of residents who may react to the strong perfumes and tiny droplets in aerosol polishes.

