

# Feeling Useful – Daily Living Tasks

## Shoes

Many of your residents may well spend nearly all their time in slippers, and their shoes may now not fit as well as they used to as feet can swell. However, cleaning and polishing shoes used to be a daily routine, and even slippers could do with a brush down to keep them clean.



## What To Do

- Have brushes, cloths and shoe polish. Brush down slippers. Give the soles a brush.
- Using a mixture of the residents' own shoes and other old shoes you can source and bring in, give them a good clean and then a polish.

## Sorting Newspapers and Magazines

You may get a selection of daily or local papers. You will certainly have colour magazines that are often lying about on coffee tables or in a pile in the corner of a room. Every so often, people in their own homes will have gone through newspapers and magazines. It is a chance to look at headlines and pictures. But it also has a practical purpose.



## What To Do

- Last week's newspapers can be sent for recycling. So, too, can magazines that are tatty or out of date.
- Other magazines can be sorted and put neatly where people can see them and use them.
- Make the place look tidy!