

Session One

Bedroom and Household

Skills

ILS Series

Introductions

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Outline of session

- Importance of bedroom and household skills
- Age and stage appropriate tasks
- Methods, techniques and equipment
- Resources
- Questions

Why is bedroom and household skills important

- Gives them ownership over their personal items and areas
- Prepares them for living independently as adults
- Skills need to be introduced in stages and built up over time
- Direct concrete experiences
- Builds confidence, self-reliance and self-esteem
- Bridges the gap between the CYPVI and their peers

Early years

- Crawling
- Exploring the home
- Naming furniture
- Opportunities take things in and out of drawers
- Body awareness
- Organising toys
- Tidying things away
- Concept development



Designed by [Brgfx](#) / Freepik

Primary School

- Understand layout of the bedroom
- Start organising and managing personal items
- Learn to fold towels and clothes
- Match socks
- Put clothes in the laundry basket
- Learn to tidy room
- Make the bed in the morning



Designed by [macrovector](#) / Freepik

Secondary School

- Changing the bed
- Organising study space
- Managing clothes
- Laundry
- Cleaning bathroom
- Hovering
- Dusting

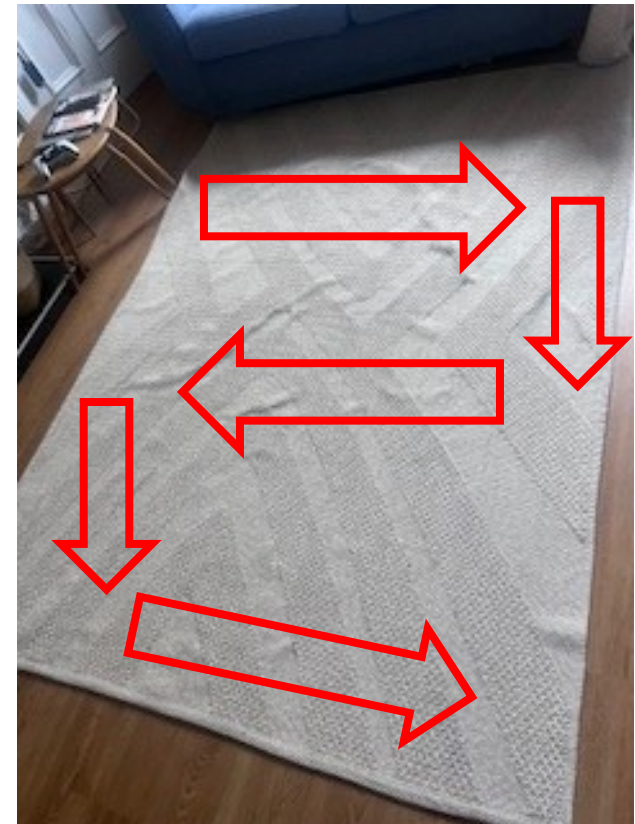
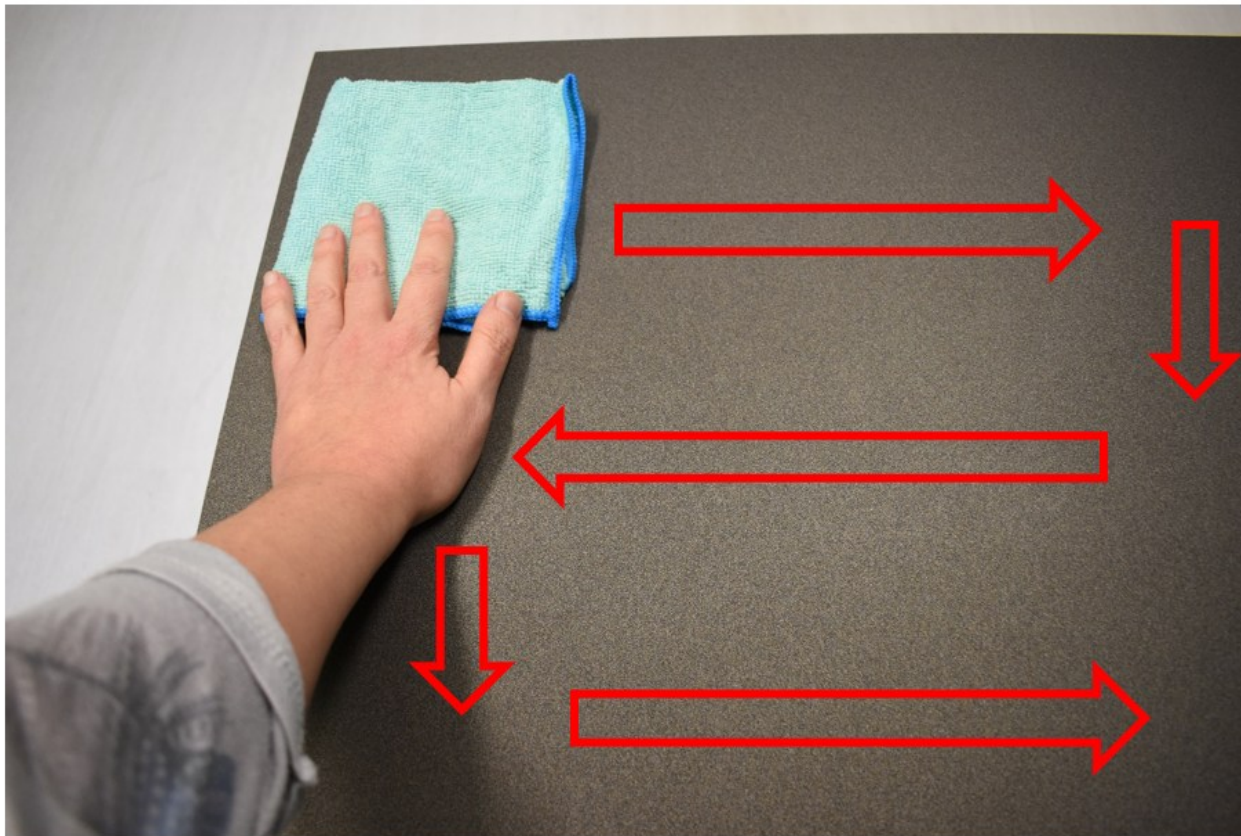


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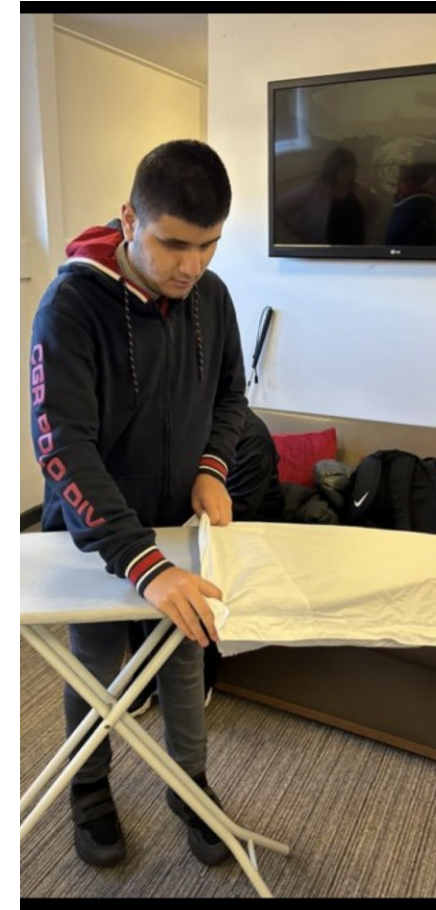
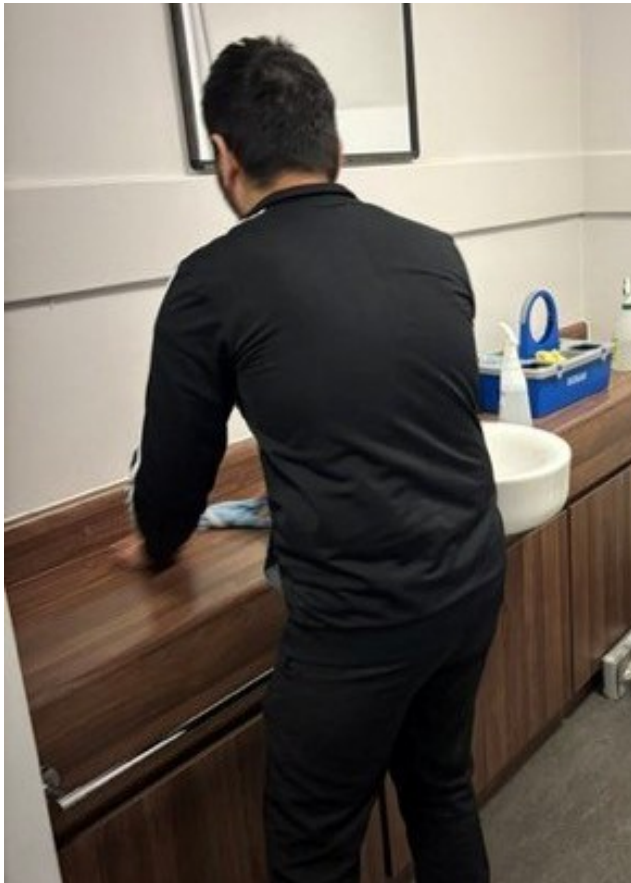
Methods, techniques, and equipment



Systematic cleaning



Systematic cleaning- transfer to other household tasks



Changing Duvet Covers

A video and a handout outlining the steps for two different methods for putting on duvet covers will be available to participants.



Benefits

- Quick and easy

Considerations

- Easier with vision
- Often needs adjusting



Benefits

- Tactile
- Minimal adjustments

Considerations

- Takes longer

Changing beds

Young people gaining practical experience at a Glasgow based resource



Organising Wardrobe

Using string and a variety of button shapes to identify certain sections of clothing.



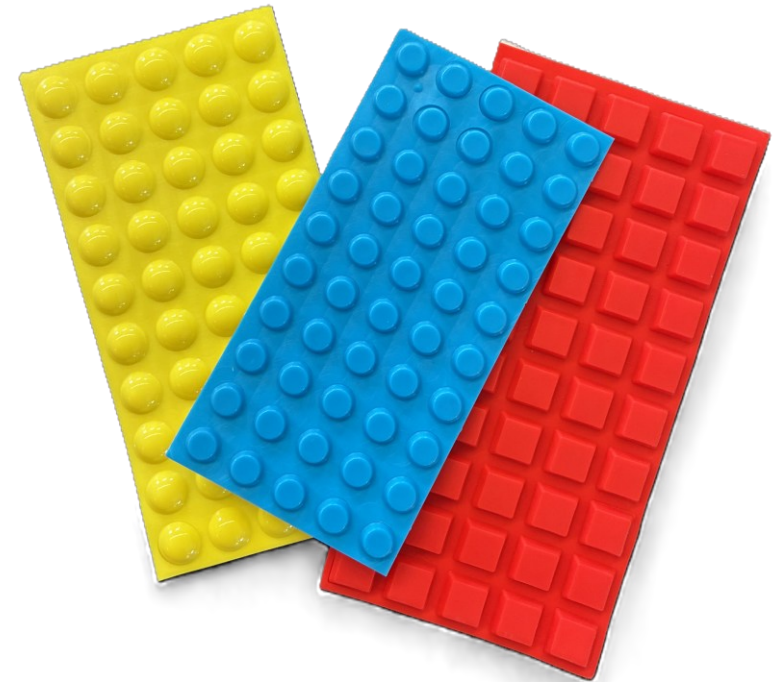
Storage Ideas

- Clear boxes
- Tactile labels
- Transparent pencil cases for storing smaller items
- Different size, shape and textured storage



Useful household equipment

- [Folding board](#)
- [Steam iron](#)
- [Heat proof gloves](#)
- [Sock snaps](#)
- Elastic bands
- [Bumpons](#)



Technology

- [Alexa- echo dot](#)
- [Meta glasses](#)
- [Colour detector](#)
- Smart phone
 - Colour detector apps
 - [Seeing AI](#)
 - Apps for accessing household appliances
 - [Way Around \(NFC tags\)](#)
 - [RFID or NFC tags](#)
 - [AIRA](#) (alternative to Be My Eyes)



Resources

- [VI Tool Kit](#)
- [Supporting Life Skills for Children and Young People with Vision Impairment and Other Disabilities An Early Years Habilitation Handbook- Fiona Broadley](#)
- [Supporting Life Skills for Children and Young People with Vision Impairment and Other Disabilities A Middle Childhood Habilitation Handbook- Fiona Broadley](#)
- [Developmental Journal for Visual Impairment](#)

Questions

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Image by Csaba Nagy from Pixabay