

Daily Living



Clothing



Clothing

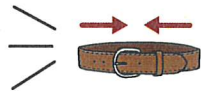


Does It Fit?

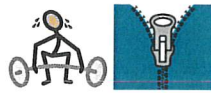
Transition Passport / Daily Living / Clothing



Too Small:



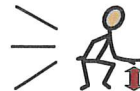
tight



hard to zip



hard to button

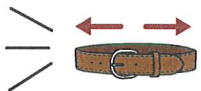


too short

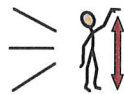


uncomfortable

Too Large:



baggy



too long



pants won't stay up



shirts fall down over shoulder

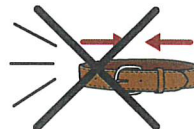
Just Right:



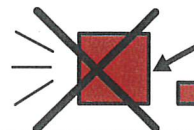
feel comfortable



look nice



not too tight



not too big



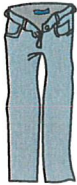
Folding Laundry

Transition Passport / Daily Living / Clothing



Clothes we can fold:

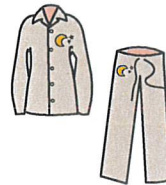
jeans



jogging suit



pajamas



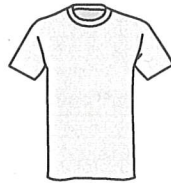
sweater



socks



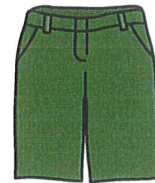
T-shirt



underwear



shorts



Clothes we put on a hanger:

dress



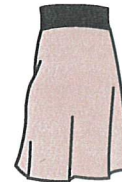
shirt



dress pants



skirt



coat





Folding Laundry

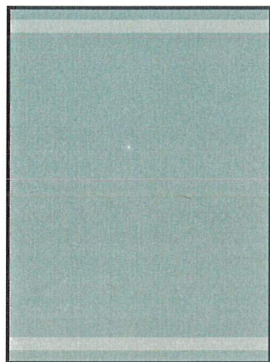


Transition Passport / Daily Living / Clothing

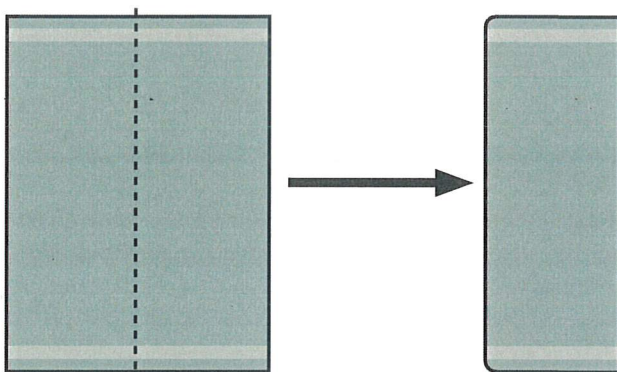
Folding Towels



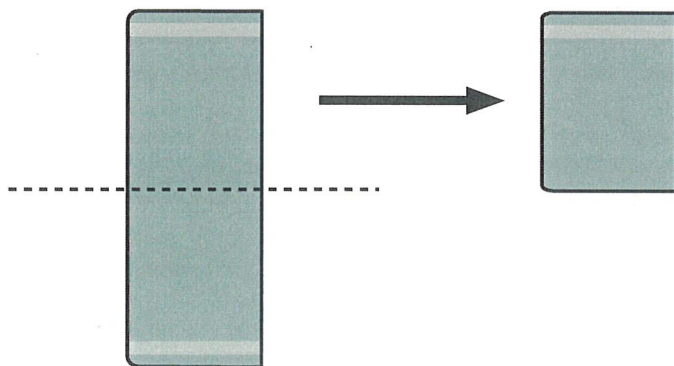
1. Lay the towel out flat.



2. Fold in half.



3. Fold the bottom up to the top.





Folding Laundry

Transition Passport / Daily Living / Clothing



Folding Socks

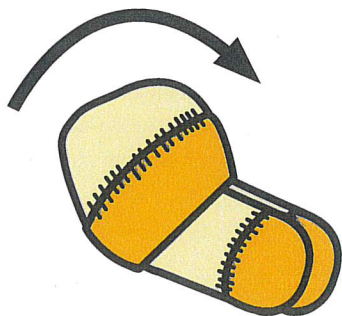
1. Match the socks that are the same.



2. Lay the socks together: top to top, toe to toe.



3. Open one sock at the top. Pull it over the other sock.





Folding Laundry



Transition Passport / Daily Living / Clothing

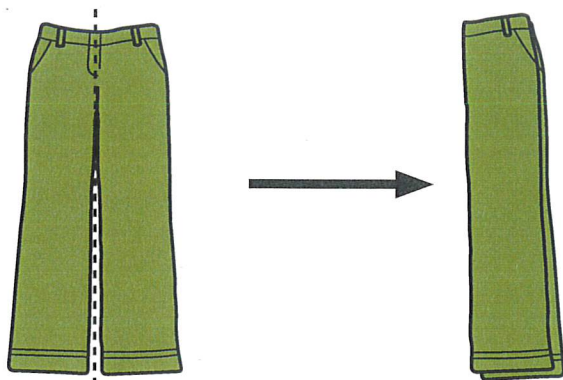
Folding Pants



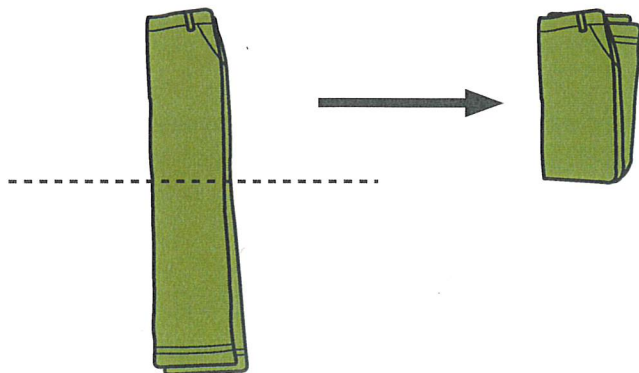
1. Pick up the pants by the top.
Lay the pants out flat.



2. Fold in half so both legs match.



3. Fold the bottom up to the top.





Folding Laundry

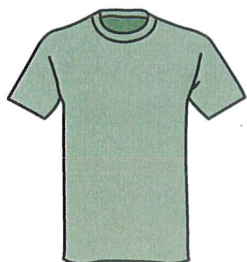


Transition Passport / Daily Living / Clothing

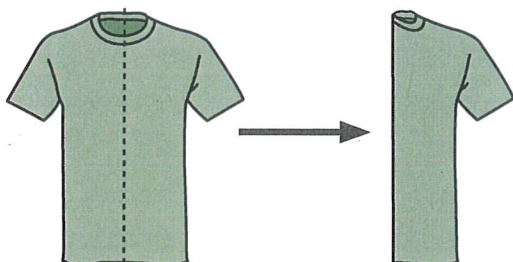
Folding Shirts



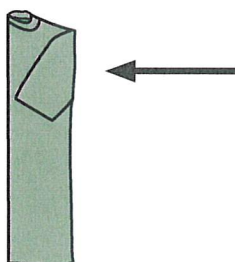
1. Pick up the shirt by the shoulders.
Lay the shirt flat.



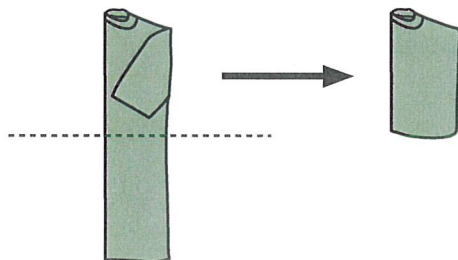
2. Fold in half, matching the sleeves.



3. Turn the sleeves in.



4. Fold the bottom up.





Folding Laundry



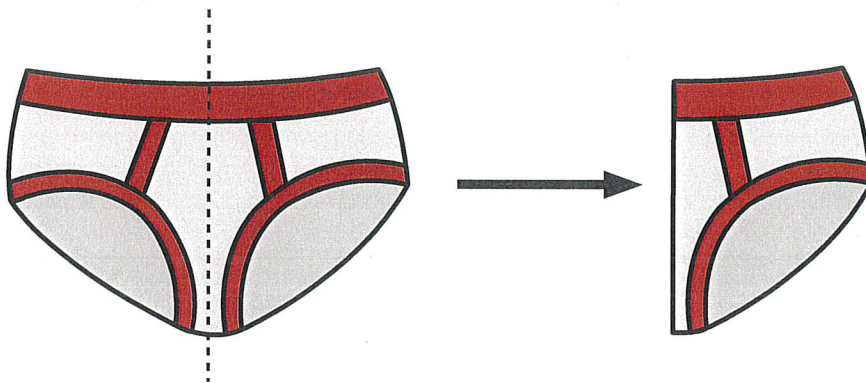
Transition Passport / Daily Living / Clothing

Folding Underwear

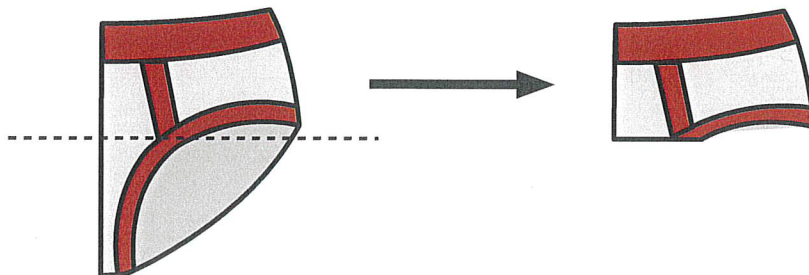
1. Pick up the pants at the top.
Lay it flat.



2. Fold over, matching the sides.



3. Fold the bottom up to the top.





Folding Laundry



Transition Passport / Daily Living / Clothing

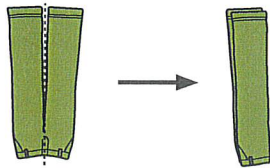
Hanging Dress Pants



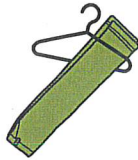
1. Pick up the pants by the legs.



2. Fold the legs together. Make sure they are straight.



3. Put the legs of the pants through the hole in the hanger.



4. Pull it through to the middle of the pants.



5. Hold by the hook. Check that the pants are straight.



6. Hang on the rod in the closet.





Folding Laundry

Transition Passport / Daily Living / Clothing



Hanging Shirts and Dresses



1. Pick up the shirt or dress at the shoulders. Lay it flat.



2. Put the corners of the hanger inside the shirt or dress at the shoulders.



3. Button the top button or zip the dress.



4. Hold the hanger by the hook. Shake it straight.



5. Hang it on a rod in the closet.









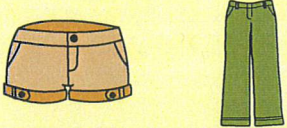






When to Wash

Transition Passport / Daily Living / Clothing / When to Wash



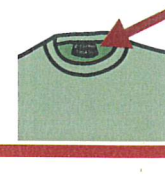
Suggestions, unless clothes are dirty or smelly....











socks, underwear, undershirt 	1 wear 
T-shirt 	1 wear 
jeans 	4-6 wears 
shorts, pants 	2-4 wears 
dress shirt, sweater 	1-3 wears 
pajamas 	2-3 wears 



Clothing Labels

Transition Passport / Daily Living / Clothing



Label	What to do
 Machine Wash	 Wash in machine.
 Hand Wash	 Do not wash in machine. Wash and rinse by hand.
 Dry Clean Only	 Do not wash in machine. Take it to the cleaners.
 Do Not Bleach	 Do not add bleach to the wash water.
 Non-Chlorine Bleach Only	 Use a bleach that is safe for colors.
 Tumble Dry	 Dry in dryer. Check label for type of heat.
 Line Dry/ Hang Dry	 Hang up clothes from the washing machine and leave them to dry.
 Drip Dry	 Hang up clothes when dripping wet and leave them to dry.
 Dry Flat	 Lay clothes on a flat surface to dry.

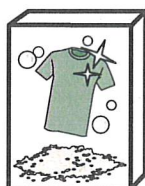


Laundry Product Guide



Transition Passport / Daily Living / Clothing

Laundry Soap



What it does:
Cleans clothes

How to use it:



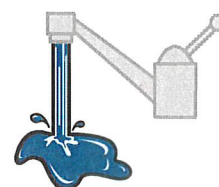
washing
machine



laundry
soap



water



Bleach



What it does:
Gets rid of stains on whites

How to use it:



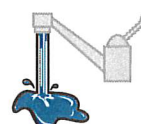
washing
machine



laundry
soap



water



bleach



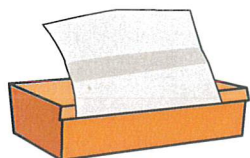


Laundry Product Guide



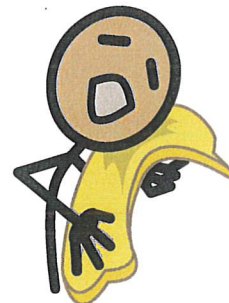
Transition Passport / Daily Living / Clothing

Dryer Sheet



What it does:
Softens clothes

How to use it:



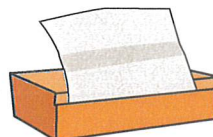
dryer



dryer
sheet



clothes



Fabric Softener



What it does:
Softens clothes

How to use it:



washing
machine



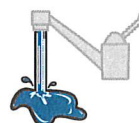
laundry
soap



water



fabric
softener





Laundry Product Guide



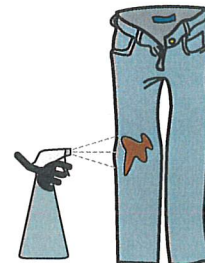
Transition Passport / Daily Living / Clothing

Stain Remover



What it does:
Gets rid of stains

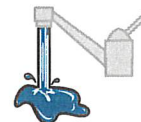
How to use it:



stain remover + stain on clothing



washing machine + laundry soap + water





Laundry Steps



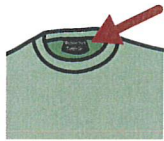
Transition Passport / Daily Living / Clothing

1



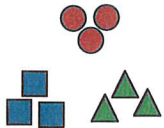
Take dirty laundry to the laundry room.

2



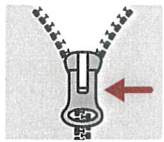
Check the clothing labels.

3



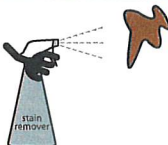
Sort the laundry into piles.

4



Check clothing.
(zippers, buttons, pockets, belts)

5



Treat stains.



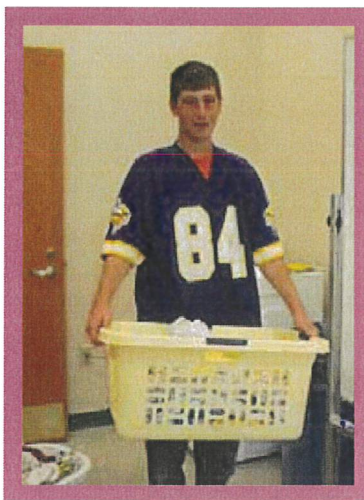
Laundry Steps



Transition Passport / Daily Living / Clothing

1

Take dirty laundry to the laundry room.



2

Check the clothing labels.



machine
wash



hand
wash



dry clean
only



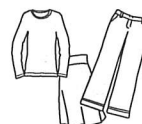
3 Sort the laundry into piles.



darks



lights



whites



towels & sheets

4 Check clothing. (zipper, buttons, pockets, belts)



close
buttons
& zippers



empty
pockets



take off
belts



Laundry Steps



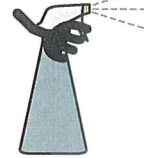
Transition Passport / Daily Living / Clothing

5

Treat stains.



find
stain








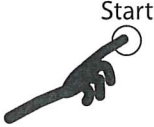



spray or
rub on
stain
remover



Washing Clothes - Top Loader



Transition Passport / Daily Living / Clothing

1		Set the water temperature.
2		Set the water level.
3		Pour laundry soap to line in cap.
4		Pour laundry soap into the washing machine.
5		Add bleach to whites if needed.
6		Start the washing machine.
7		Put sorted laundry into the washing machine.
8		Close the lid.
9		Take clothes out of the machine when done.



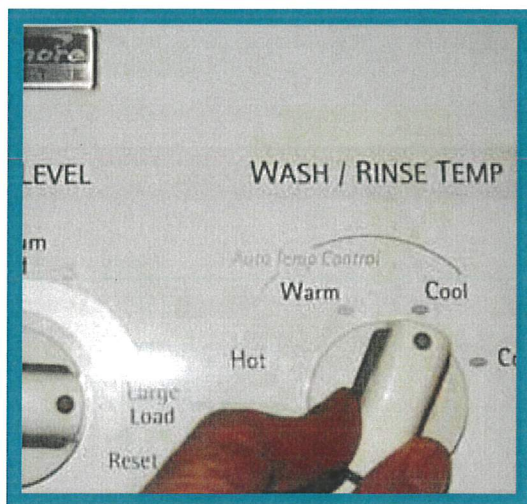
Washing Clothes - Top Loader



Transition Passport / Daily Living / Clothing

1

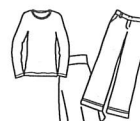
Set the water temperature.



Hot = towels and sheets only



Warm = whites and light colors

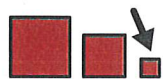
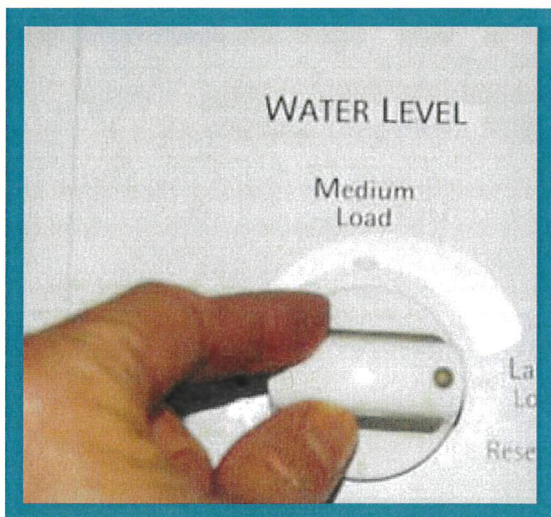


Cold = dark colors

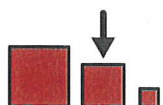


2

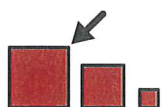
Set the water level.



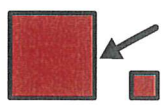
Small = 3-8 items



Medium = 9-12 items



Large = dark colors



Extra Large = dark colors



Washing Clothes - Top Loader



Transition Passport / Daily Living / Clothing

3

Pour laundry soap to line in cap.



4

Pour laundry soap into the washing machine.





Washing Clothes - Top Loader



Transition Passport / Daily Living / Clothing

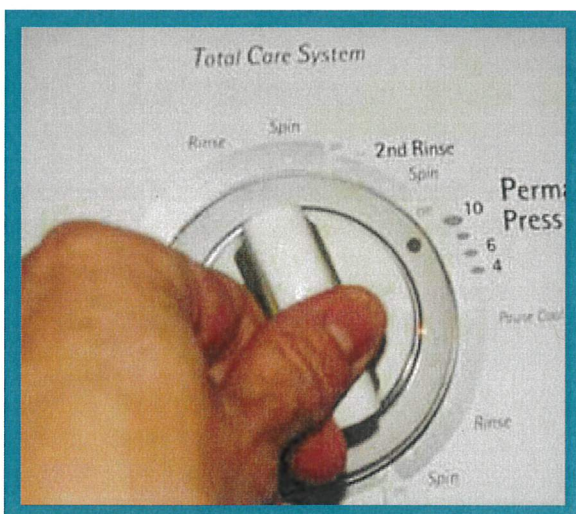
5

Add bleach to whites if needed.



6

Start the washing machine.



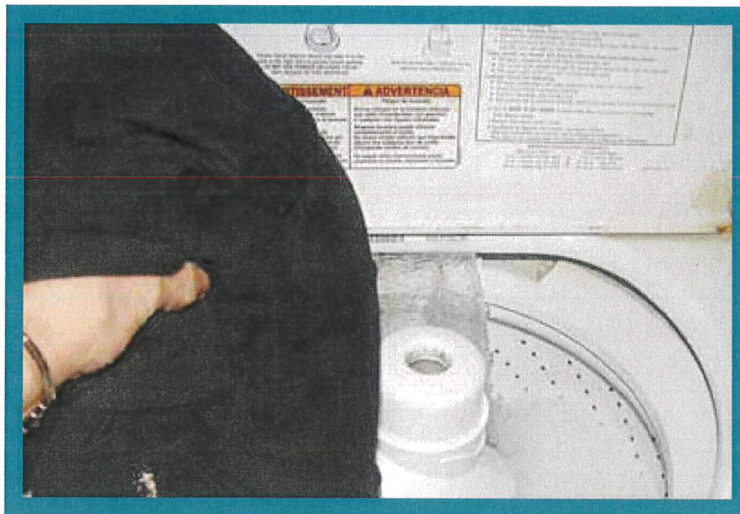


Washing Clothes - Top Loader



Transition Passport / Daily Living / Clothing

7 Put sorted laundry into the washing machine.



8 Close the lid.





Washing Clothes - Top Loader



Transition Passport / Daily Living / Clothing

9

Take clothes out of the machine when done.






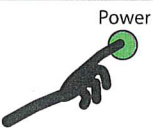
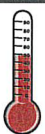
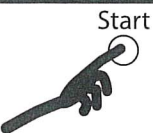





Washing Clothes - Front Loader



Transition Passport / Daily Living / Clothing

1		Pour laundry soap to line in cap.
2		Pour laundry soap into the washing machine.
3		Add bleach to whites if needed.
4		Put sorted laundry into the washing machine.
5		Close the door.
6		Turn on the power button.
7		Set the water temperature.
8		Push the start button.
9		Take clothes out of the machine when done.



Washing Clothes - Front Loader



Transition Passport / Daily Living / Clothing

1 Pour laundry soap to the line in the cap.



2 Pour laundry soap into the washing machine.





Washing Clothes - Front Loader



Transition Passport / Daily Living / Clothing

3

Add bleach to whites if needed.



4

Put sorted laundry into the washing machine.





Washing Clothes - Front Loader

Transition Passport / Daily Living / Clothing



5

Close the door.



6

Turn on the power button.





Washing Clothes - Front Loader

Transition Passport / Daily Living / Clothing



7

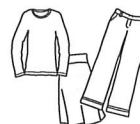
Set the water temperature.



Hot = towels and sheets only



Warm = whites and light colors



Cold = dark colors



8

Push the start button.





Washing Clothes - Front Loader

Transition Passport / Daily Living / Clothing



9

Take clothes out of the machine when done.





Drying Clothes

Transition Passport / Daily Living / Clothing



1		Check/clean the lint filter.
2		Look at the clothing labels.
3		Put clothes in the dryer.
4		Put in the dryer sheet.
5		Close the door.
6		Set the timer for ____ minutes.
7		Start the dryer.
8		Fold or hang clothes when the dryer stops.



Drying Clothes

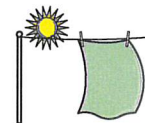
Transition Passport / Daily Living / Clothing



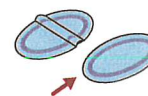
1 Check/clean the lint filter.



2 Look at the clothing labels.



line
dry



lay flat
to dry



tumble
dry



Drying Clothes



Transition Passport / Daily Living / Clothing

3

Put clothes in the dryer.



4

Put in the dryer sheet.





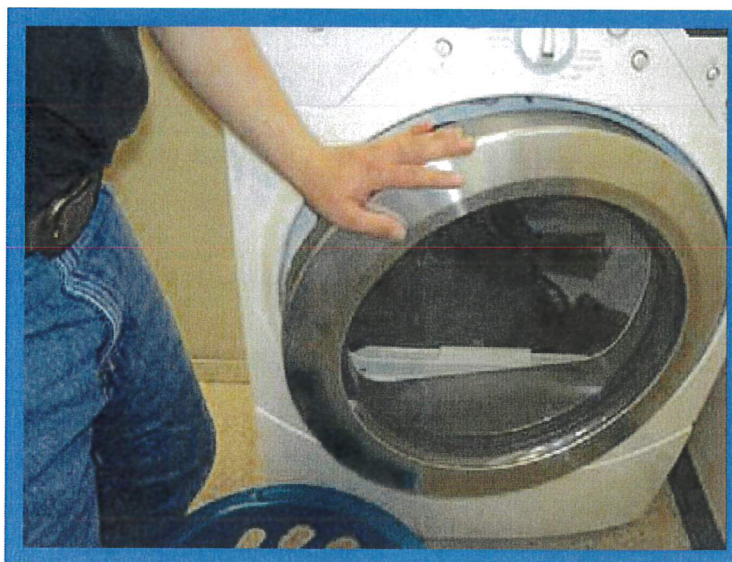
Drying Clothes

Transition Passport / Daily Living / Clothing



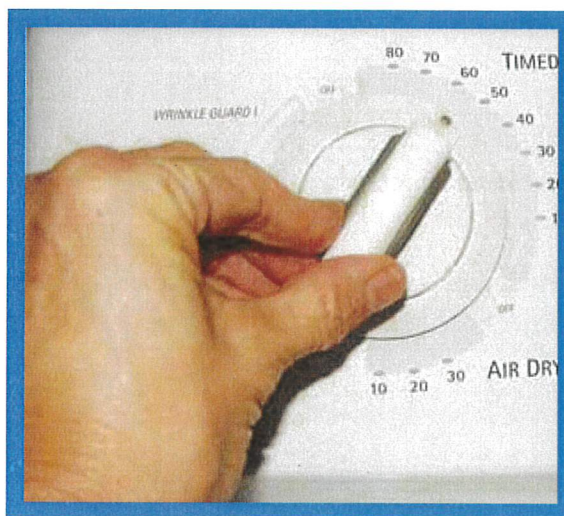
5

Close the door.



6

Set the timer
for _____ minutes.





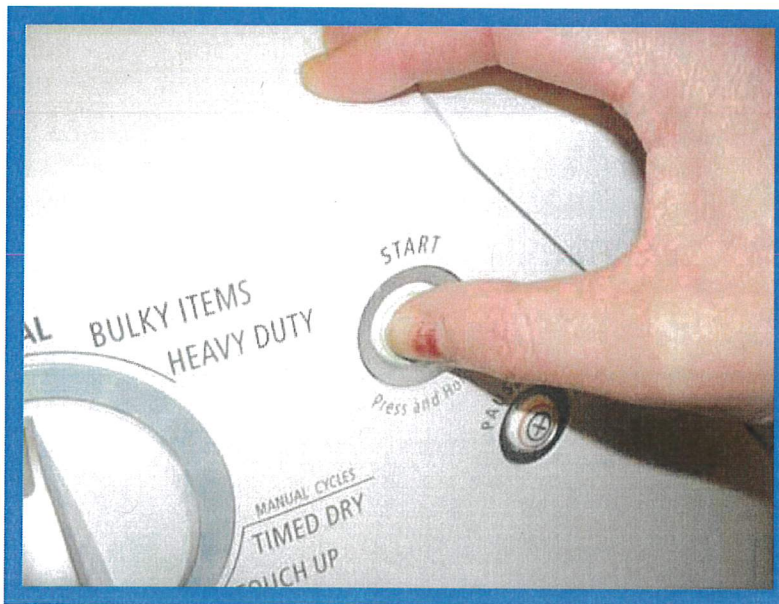
Drying Clothes

Transition Passport / Daily Living / Clothing



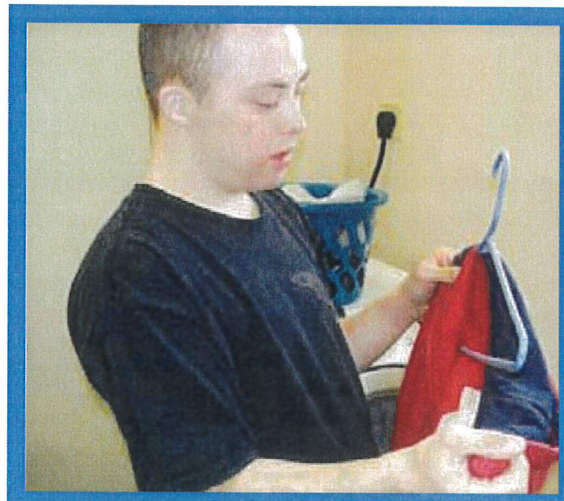
7

Start the dryer.



8

Fold or hang clothes when the dryer stops.





How to Use Bleach

Transition Passport / Daily Living / Clothing



1



Never pour bleach directly on clothes.

2



Use regular bleach on white clothing only.

3



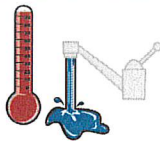
Use color safe bleach on colored clothing.

4



Add only the suggested amount of bleach to water.

5



Use hot water when bleaching for best results.