



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM  
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



**Independent  
Living Centre WA**

*Making choices finding solutions*

# Laundry Advice

## TOP TIP

Hang wet shirts and blouses out to dry on clothes hangers to reduce the need to iron.



# Making Choices, Finding Solutions

## About this Guide

This guide has been developed to assist you to find simple assistive equipment, technology and basic home modification solutions available in local stores and online.

It contains a range of useful tips and advice to help you better manage every day tasks and common frustrations.

Please note prices and products may change over time and are correct at time of printing.

## About the Independent Living Centre WA (ILC)

The Independent Living Centre WA (ILC) provides information and advice, assessment, training, funding and hire services that enable Western Australians of all ages and abilities to live more independent and fulfilling lives.

Visit the website [www.ilc.com.au](http://www.ilc.com.au)

The ILC's experienced health professionals have been providing Western Australians with information and advice about assistive equipment options for over 35 years.

## What should I expect if I call the ILC Helpline 1300 885 886?

If you call the ILC Helpline you will speak with an experienced occupational therapist who can assist you with your assistive equipment and home modification enquiries. This service is free.

## How to use NED – the Australian online national equipment database?

NED, the online national equipment database, offers a greater range of assistive technology and equipment products available throughout Australia. Visit [www.askned.com.au](http://www.askned.com.au) and select Search Equipment to search by key word, advanced search or by browsing through the products by topics. You will find information about the product including a description, specifications and suppliers Australia wide.

This guide has been developed for the Independent Living Centre WA in partnership with the WA Home and Community Care Program (HACC) as part of the Home Modification and Assistive Technology Project.

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**Do you have a level access from your laundry to the outside clothes line?**



**Do you have a sturdy chair or table set up next to the clothes line to put the clothes basket on?**



**Do you have space inside to leave a clothes airer where it will not be a trip hazard?**



**Do you use an apron with a large front pocket to carry and store pegs?**



## 4 | Laundry Advice



### PLAN

Consider purchasing **clothes that do not need to be ironed**.

**Keep washing powder or liquid next to machine** and purchase a small container to lighten the lifting load.

**Keep the ironing board set up** in an easy accessible place to reduce unnecessary steps.

**Do not over fill iron with water** to reduce the weight.

Clothes are more easily ironed if they are damp.

**Remove items from the machine one at a time** to reduce straining and weight to be lifted.

**Iron for less than 30 minutes** at any time.

**Rest** every 5-10 minutes.

If you can, **use a trolley** to carry small loads to the line.

**A clothes dryer** will reduce the need to hang out the washing.

**Place the basket on a chair** to reduce the need to repeatedly bend down.

**When sitting to iron** use a high chair with a back for support or a swivel seat to access items and avoid twisting.

**Use the ironing board at the correct height.** The ironing board should be adjusted so that your elbow is level with the top of the iron handle.

### PREPARE

### PACE

### POSTURE

CHOICE  
**72%**  
SCORE



✓ **Light Weight Iron**

🏷️ **\$12.00**

🛒 **Target**

# Simple Solutions for Common Laundry Frustrations

## Carrying Laundry

A washing basket trolley reduces the need to bend and carry heavy baskets.

Clothes can be hung on clothes racks inside to minimise carrying outside.



**Washing Basket Trolley**

**\$16.95**

**Bunnings**



**Morgan 12 Rail Coated Wire Clothes Airer**

**\$6**

**Bunnings**



**Mrs Pegg's Handy Line**

**\$224-\$264**

**mrspeggshandyline.com.au**

## Hanging out Laundry

Adjust the clothes lines to suit your height if possible.

Place a small solid chair or table near the washing line to place the washing basket on if you're not using trolley.

Hang clothes on a coat hanger if pegs are difficult to use and reduce time to hang out and get in.

Use adapted pegs that reduce the pressure required to open and have non-slip enlarged rubber grip.



**Morgan Plastic Clothes Peg - 16 Pack**

**\$3.05**

**Bunnings**

### Using your Washing Machine


Elevate front loader washing machines to waist height on a bench or install a front loader washer stand.


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### Ironing Laundry


Fold clothes as you remove them from the line to reduce the ironing.

Consider buying or wearing clothes that do not need ironing.



 **Easy Living Front Loader Washer Stand With Drawer**

 **\$225**

 **The Good Guys**



*'I ring up the ILC because I know I can get help there no matter what I need'  
Freda (97)*

#### **Need more advice or help?**

Phone the ILC on 1300 885 886 for free unbiased information about assistive equipment and home modification options and other local services.