

All About Sweeping

Independent Living & Directionality

How To:

Learning to sweep (and mop) the floor can be a challenge. Using clockface directions for this independent living skill provides a systematic approach to success. [Sweep Up a New Skill: Sweeping When Low Vision or Blind](#) is a 6:55 minute video with closed captions and is narrated by a Vision Rehabilitation Therapist from the North Dakota School for the Blind. They describe and demonstrate how to sweep up rice scattered on the kitchen floor. Details about body positioning in the environment are provided and specific clockface times are stated and shown, sweeping from the wall's edge to the feet. At the end, it explains how to alter the method slightly when mopping instead of sweeping.

O&M Skill Areas Addressed:

- Systematic search patterns
- Directionality: clock face directions
- Tactile discrimination
- Personal responsibility

Modification Suggestions:

- New to using a clock face for orientation?
Use a large print or tactile clock to give the individual a better understanding before starting the activities.
- New to sweeping?
First, practice with a handheld sweeper and dustpan on a tabletop or the counter to incorporate the systematic clock face pattern from the video.
- New to mopping?
Practice first using a wet cloth, sponge, or a wash mitt on a tabletop or the counter to incorporate the systematic clock face pattern from the video and to observe the tactile discrimination between wet and dry surface areas.

Please note: These Web links are being offered only as informational resources.
It is not our intention to endorse or recommend the sites.

Sweeping (continued)

Where to Buy:

- [Analog Clock Model](#) from American Printing House for the Blind (APH).
(This product can be ordered through APH Quota Funds. For [information about Quota Funds and to contact someone to register](#))

The following products are not available through APH:

- [Mini Nesting Dustpan and Brush Set](#) made by Dollar Tree for \$1.00
- [Handheld sweeper and dustpan](#) made by OXO Good Grips for \$9.99
- [Wash Mitt](#) made by Aeroway, a 4 pack for \$10.99

Considerations:

- Low vision: Have high contrast color options for brooms and dust pans dependent on floor colors and typical items to be swept.
 - White broom bristles and dustpans are in contrast to dirt and dust bunnies.
 - When sweeping white rice, a broom with black bristles would create a higher contrast.
- What other surfaces can be cleaned using this systematic pattern?

Links and Resources:

- Video for Sweeping Up a New Skill (Sweeping when Low Vision and Blind): <https://tinyurl.com/Sweepingwithvisionloss>
- Dustpan & brush set from Dollar Tree: <https://tinyurl.com/dustpanandbrush>
- Handheld sweeper & dustpan by OXO Good Grips: <https://tinyurl.com/handheldsweeper>
- Wash Mitt by Aeroway: <https://tinyurl.com/handwashmitt>
- Analog Clock Model from APH: <https://www.aph.org/product/analog-clock-model/>

Developed by: Allison Zocchi, MAT, M.Ed., COMS
Edited by: Christy Andronaco, M.Ed., COMS
Reviewed by: Brianne Killoran, M.Ed., COMS, VRT

Please also see MCB/DDS Partnership “Focus” resources:

<https://www.focusonvisionandvisionloss.org/strategies.html>
<https://www.focusonvisionandvisionloss.org/orientation--mobility.html>

Please note: These Web links are being offered only as informational resources.
It is not our intention to endorse or recommend the sites.