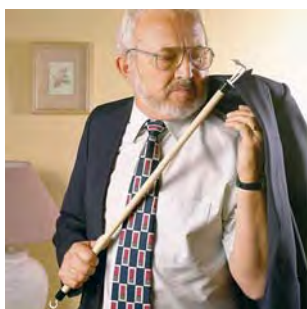


Dressing Solutions

Techniques

- Use long-handled dressing aids to assist with reaching your feet, legs, and arms
- Use aids with a larger grip to assist with doing up buttons and zips
- Sit down during dressing to reduce fatigue, the need to reach and bend, and decrease the risk of having a fall
- Gather clothing items and lay them out on the bed to assist with your preparation and allow easy reach while sitting down to get dressed
- Get dressed in a larger space to allow more room to manoeuvre
- Put on several lower limb garments at one time, up to just above the knees while in sitting, such as underwear and trousers, before standing up and pulling them all the way up together to reduce frequent sitting to standing movements

Dressing Aids



Dressing sticks/ reachers assist in reaching and manipulating clothing to allow you to dress and undress without straining your back, shoulders, or hips.



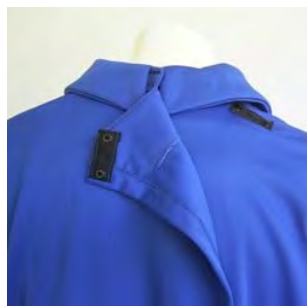
Button hooks allow you to button clothing more easily. Just push the hook through the button hole, attach the hook to the button and pull back through the hole. May be used one-handed.



Zipper rings attach to the zipper to make it easier to grasp. Use a dressing stick or a zipper pull for hard to reach zippers.



Fastener-free clothing eliminates the need to zip and button, for example, T-shirts, skirts and trousers with elastic waistbands.



Back opening clothing allows dressing while in a seated position and increases the ease of managing clothing for toileting.



Hook and loop fastenings to replace buttons and zips, for example, Velcro™, elastic, or magnetic snaps.

Footwear Aids

- A long-handled shoehorn makes the task of putting on shoes a lot easier. A dressing stick or long handled kitchen utensil, such as tongs, may also assist.
- A pickup reacher that has a plastic shoehorn attached to one end can assist in both putting shoes on and pulling up socks.
- Elastic shoelaces (or coil spring laces) can be threaded into shoes and allow the shoes to be slipped on and off the feet without the need to tie and untie every time.
- Hook and loop fastenings are another option. Shoes can be purchased with Velcro™ fastenings, or laces can be converted to Velcro™ closures.
- Other available options include: cord and barrel locks or magnetic closures.



Firm, elastic type footwear can be worn to eliminate doing up laces. A shoehorn may be used in combination. **Remember:** Slip on shoes/scuffs can be more risky with falling off or causing a trip hazard. Firmer fastenings can increase safety. Pressure care footwear options are also available. If shoes continue to be difficult to put on or you are finding it hard to find the right type of shoe, health professionals, such as podiatrists or occupational therapists, are available to conduct a proper assessment.

Hosiery Aids

- Sock and Stocking Aids or applicators assist when you cannot reach your feet. There are also devices that assist with the removal of stockings.
- Compression Stocking Aids are also available including options for both open toe or closed toe stockings.



Check our "Assistive Technology Guide - Sock or Stocking Aid" on our website: www.at-aust.org for more information.

For more information, please contact

Assistive Technology Australia™

(previously known as Independent Living Centre NSW)

Shop 4019, Level 4, Westpoint Shopping Centre, 17 Patrick Street, Blacktown NSW 2148

Infoline: 1300 452 679 Email: help@at-aust.org Web: www.at-aust.org



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