

## Dressing – Upper and Lower Body

1. A button hook is useful to assist with buttoning shirts.



2. Pullover, snap or Velcro shirts are easier to fasten.



3. A dressing stick or reacher is helpful for people who have difficulty reaching their toes. It allows you to pull items of clothing into reach. The reacher helps you reach for things that are in high or low places.



4. Long-handled shoehorns help people who cannot reach their feet to put on their shoes.



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5. Elastic shoelaces stretch when putting on shoes, so you don't have to tie your shoes once they are on.



6. To put on socks with one hand, fold down top of sock about 2 inches. Slip fingers and thumb between the cuff and the sock, spread thumb and fingers so they hold open sock and slip over toes. Once over toes and forefoot, pull the sock over the heel and up the ankle.

