Adaptive Equipment – Dressing

You may find that everyday tasks, such as dressing, are difficult and require some thought and preparation. By planning ahead and being prepared, you may find these tasks more manageable. The following suggestions and tips may be helpful.

Dressing
1. Gather all necessary articles of clothing and equipment and place next to where you will be dressing.
2. Sit on the edge of the bed or in a chair.
3. Start by dressing your legs using a sock aide for socks or anti-embolism stockings (if prescribed by your doctor).
4. Use a long reacher or dressing stick to put on pants and undergarments.
5. Hold clothing down by your feet and thread your feet into them.
6. Pull the clothes up with the stick or reacher until you can reach the waistband with your hand.
7. Stand with walker for support, if necessary, and pull over hips.
8. To undress, use the reacher or dressing stick to push garments down.

Put on shoes using a long-handled shoehorn. Elastic shoelaces are available to make slip on shoes out of tie shoes.

To take off shoes, use a dressing stick, reacher or long-handled shoehorn to push off.