

# Dressing

Do you have difficulty dressing or undressing?

Are fasteners tricky?

## Dressing Aids

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

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.

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



## Adapted Clothing

Fastener-free clothing eliminates the need to zip and button.

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

Replacing buttons and zips with hook and loop fastenings such as Velcro™ is a practical alternative.



Back Opening

## Footwear Aids

A long handled shoehorn can make the task of putting on shoes a lot easier.

There are ways to eliminate shoelace tying. Elastic shoelaces are threaded into shoes and tied allowing the shoe to be slipped on and off without tying and untying.

Shoes can be purchased with Velcro™ fastenings or laces can be converted to Velcro™ closures.

If shoes are difficult to put on, try shoes where the top opens as a unit. With the foot in place, the top closes and fastens securely around the foot with Velcro™.



## Hosiery Aids

Sock or Stocking Aids assist in putting on hosiery when you cannot reach your feet. Place the sock on the applicator, insert foot and then pull the cords to draw up the sock. There are also devices that assist with the removal of stockings.



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**For more information, please contact**

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