

## DRESSING

### ❖ Tips

- ❑ Clothes should be laid out in the same way before dressing, daily.
- ❑ Dress in the same sequence, daily.
- ❑ Dress in front of mirror for visual assistance.
- ❑ Make use of your teeth if necessary.
- ❑ If you prefer to wear underwear (optional), wear cotton instead of nylon.

### Fastenings

- ❑ Front fastenings are easier because they can be seen and reached.
- ❑ Velcro can replace buttons or other difficult fastenings, e.g. shoelaces.
- ❑ An elastic waist band on skirts, shorts, casual trousers avoids difficult fasteners.

### Managing a tie

- ❑ Keep the tie knotted all the time.

OR

- ❑ Replace the back of the tie with a piece of elastic and keep tie knotted.

### Putting on a bra

#### ❖ Suggestions:

- ❑ If your bust is small, an elasticised bra can be kept closed and put on overhead.

OR

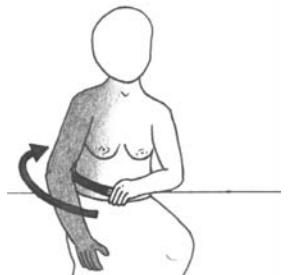
- ❑ Wear a front-fastening bra.

#### ❖ How to put on a back-fastening bra (see illustrations)

Step 1:

Place the bra around your waist with its back in front of you. Hold the bra on your weak side with the weight of your affected arm.

Fasten the hooks with your strong hand ( you can use velcro strips instead of hooks).



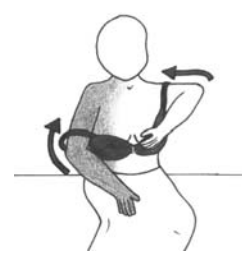
Step 2:

Turn the bra into the correct position.

Place your weak hand into the strap with your strong hand.

Still using the strong hand pull the strap up over the elbow.

Place your strong hand into the other strap and pull it over your strong shoulder.



Step 3:

Use the strong hand to pull the strap up to shoulder of the weak arm.



## Putting on a shirt (or dress)

NB \* The weak arm goes into sleeve first

Step 1:

Spread the shirt on you lap with the inside facing up and the collar away from the body. The sleeve of your weak hand should hang between your legs.



Step 2:

Use the strong hand to place your weak hand into the sleeve and lower your arm into the sleeve or pull the sleeve up your weak arm to the shoulder.



Step 3:

Throw the rest of the garment behind your body, reach for it with your strong hand and place your strong hand into other sleeve.



Tidy the shirt around your body.





## Dressing garments overhead

- (This method can be used for jerseys, shirts, vests and nightgowns)

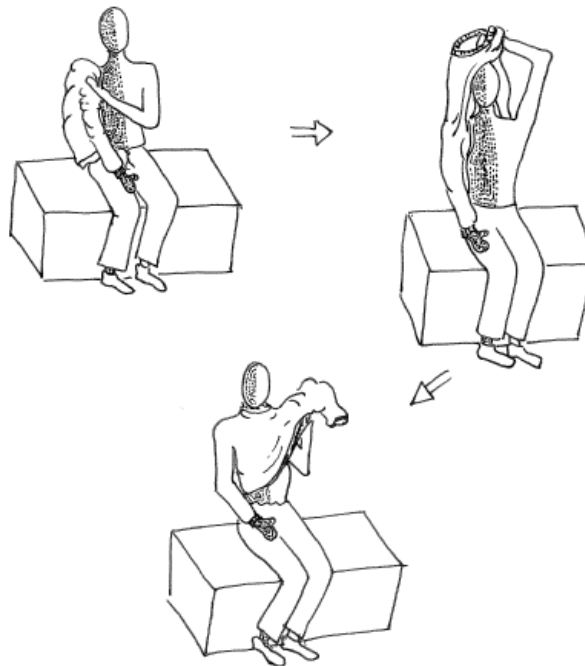
Step 1: Place your weak hand into the sleeve and pull sleeve over your shoulder.

Step 2: Pull the neck opening over your head.

Step 3: Place your unaffected arm into the sleeve.

(steps 2 and 3 may be reversed)

To undress reverse the steps in the above-mentioned methods.



## Putting on trousers

- Step 1: Sit on the side of the bed.  
Cross your weak leg over your strong leg.  
Put your weak leg into trouser leg.
- Step 2: Place your unaffected leg into the trouser leg and pull the trouser up as far as possible.
- Step 3: **If your balance is good**, stand leaning against the bed for support and pull up the trousers.
- Step 4: **If your balance is poor**, lie on the bed, bend your knees and push down on the bed to raise your hips. Pull the trousers up over your hips.

## Closing shirt cuffs

- Replace buttons with velcro,

OR

- Use a loop of elastic instead of the buttonhole

OR

- Put a piece of elastic between 2 buttons



## Putting on socks and/or shoes

Use your strong arm and hand to:

- cross one leg over the other

OR

- place your foot on a footstool

- use the strong hand to place your sock or shoe on your weak foot.



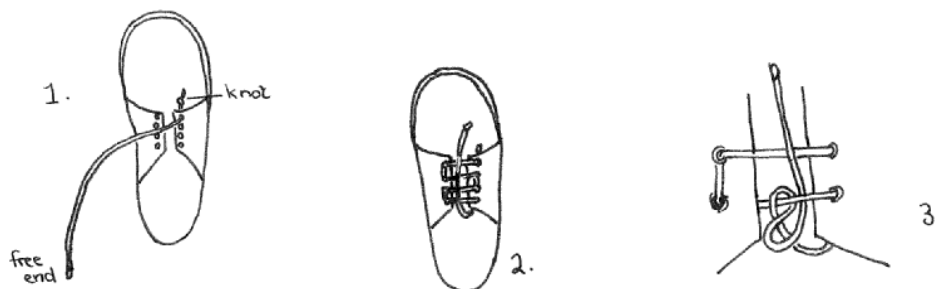
## Tying a shoe with one-hand

- Step 1: Knot one end of the shoe string and lace the shoe, leaving the knotted end at the lowest eyelet (hole).
- Step 2: In the top eyelet feed the end of the shoe lace from outside to inside and throw the end over the top of the laces. (see illustrations).
- Step 3: Make a loop in the free end of the shoelaces and pull a loop within a loop as shown. Pull the lace tight, being careful not to pull the free end all the way through.
- Step 4: To untie, pull the free end.

❖ **NB\*** Suggestions

Wear :

- Shoes with velcro straps and velcro fastenings
- Slip on shoes
- " No bows" (enquire at sport shops or your nearest Occupational Therapist)



## ASSISTIVE DEVICES

1. Dressing stick
2. Button aid

