Dressing Strategies & Adaptations

If you experience difficulty any part of dressing each day, consider these pieces of equipment & strategies to help you be able to do so more easily!

**To Conserve Energy...**
- Sit in a chair when getting dressed
- When putting on socks or shoes, put your foot over your knee so you don't have to bend over as far
- Set out clothes prior to dressing when you have the most energy
- Loose fitted clothes & shirts that button down the front require less energy to put them on

**Consider Equipment such as...**
- Sock Aid/ Stocking Donner
  - Ease putting on socks as you don't have to bend over
- Long-Handled Shoe Horn
  - Put on shoes without having to bend forward
- Dressing Stick
  - Variety of uses- allows you to reach & pull/push off clothing to assist in dressing

**For Neuropathy Symptoms...**
- Button Hook/Zipper Pull
  - Helps button/unbutton & pull zippers without small finger manipulation
- Zipper Tab
  - Finger loops through string, leather lacing, etc. to pull zipper
- Magnetic Buttoned Shirts- "Magna Ready"
- Adapt buttons with velcro

**Shoe Alternatives**
- Slip-On Shoes
- Velcro Shoes
- Elastic Laces- Can be added onto shoes you already have

**Belt & Jewelry**
- Belt Alternatives- "Adult Myself Belt"
  - Hook & loop, one-handed closure
- Jewelry Alternatives
  - "Dynatomy Easy Living Bracelet Assist"
  - "Magnetic Jewelry Clasps"
  - "Hooker Bracelet Helper"

**Pictures of Equipment on 2nd page**
Sock Aid/ Stocking Donner: 

Dressing Stick: 

Long-Handled Shoe Horn: 

Button Hook/ Zipper Pull: 

Zipper Tab: 

"MagnaReady" Magnetic Velcro Shoes: 

Buttoned Shirts: 

Adapted Buttons with Velcro: 

Elastic Laces: 

"Adult Myself" Belt: 

"Dynatomy Easy Living Bracelet Assist": 

"Magnetic Jewelry Clasps": 

"Hooker Bracelet Helper":
Resources


Equipment Resources

Sock Aid/Stocking Donner: https://www.hdis.com/jobst- stocking-donner-jo110913?cid=199755&gclid=CjwKCAiAz-OBhBIIEwAG1D0ge74CdyM_gXVY17H-gjf4Av6f50wG-CVg5-g2dxtcY-SUGhQAFBoC3dsQA0_BwE
https://www.amazon.com/Truform-Stocking-Donner-Regular-X-Large/dp/B00FX7FBAY/ref=asc_df_B00FX7FBAY/?tag=hyprod-20&linkCode=df0&hvadid=309872231410&hvpos=&hvnetw=g&hvrand=16200916921670131819&hvptwo=&hvqmt=&hvdev=c&hvdcmid=&hvlocint=&hvlocphy=9023889&hvadid=592754666354&th=1

Dressing Stick: https://www.amazon.com/Maddak-Inc-738810001-Dressing-Stick/dp/B0002DL946/ref=asc_df_B0002DL946/?tag=hyprod-20&linkCode=df0&hvadid=198069016725&hvpos=&hvnetw=g&hvrand=1482021881507031133&hvptwo=&hvqmt=&hvdev=c&hvdcmid=&hvlocint=&hvlocphy=9023886&hvadid=320468413625&psc=1

Long-Handled Shoe Horn: https://www.ncmedical.com/item_927.html

https://www.amazon.com/Vive-Button-Hook-Arthritis-Independent/dp/B00WRG9LRI/ref=pd_lpo_3?pd_rd_i=B00WRG9LRI&psc=1

Zipper Tab: https://www.activedailyliving.com/QuickTip/PreviewTip

Magna Ready: https://magnaready.com/collections/mens-shirts

Adult Myself Belt: https://www.amazon.com/Myself-Easier-Handed-Closure-Leather/dp/B06WQT9W7?th=1


Magnetic Jewelry Clasps: https://www.thewrightstuff.com/magnetic-jewelry-clasps.html


Resource Made by: Katie Henderson, Occupational Therapy Student