Dressing includes selecting appropriate clothing for the time of day, weather and occasion; obtaining clothing from closets and drawers; dressing and undressing of open-front garments; pullover garments, bra, pants, underwear, socks, panty hose, nylons, shoes, slippers, support and anti-embolism stockings; opening and closing fasteners; personal devices (hearing aids, eyeglasses, AFO, hand splint, back brace, slings, prosthetics).

**Impairments and Functional Limitations:**
- Impaired shoulder strength and/or ROM
- Impaired hand strength, ROM, sensation and/or coordination
- Impaired LE function
- Limited activity tolerance and endurance
- Impaired sitting balance
- Impaired standing balance
- Visual perceptual impairment
- Cognitive impairment

**Occupational Therapy Intervention:**
Apply different approaches for solving difficulties with dressing. Including but not limited to...
- Treat underlying limitations to safety and independence  
  Physical (strength, hand function, ROM, coordination, balance, endurance, abnormal tone), sensory (tactile, vision, hearing, vestibular, pain), behavioral, cognition and/or perception.
- Train in compensatory strategies.
  Safety techniques; one-handed techniques; energy conservation; low vision techniques; cognitive/perceptual compensation; task segmentation; joint protection; step-by-step instructions; hand-over-hand guiding
- Train in the use of adaptive equipment and assistive devices such as.
  Buttonhook; Velcro closures on shoes; elastic shoelaces; long handled shoehorn; dressing stick; reacher; sock aid; zipper pull; walker tray or basket; labeling system for identifying clothes.
- Provide environmental modifications and adaptations such as.
  Avoid storing items on the floor; lower closet poles; organize clothes within easy reach; label drawers of contents using picture or words
- Instruct in activity modification
  - Change the task - Place the weaker extremity into the garment first. Dress in a supine position
Occupational Therapy Toolkit

Dressing

Occupational Therapy Intervention:

- Instruct in activity modification (continued)
  - Eliminate part or all of the task – Choose garments that are easy to put on and remove such as: elastic waist pants, loose fitting tops, pullover tops, suspenders instead of a belt, Velcro or slip on shoes, front hook bra, sports bra, camisole.
  - Have someone else do part or all of the task

Train in safe and efficient functional mobility (sit to stand; bed mobility skills; transfers; ambulation and wheelchair mobility) as it relates to dressing.

Provide caregiver/family education and training.

Patient and Caregiver Handouts:

1. Adaptive Equipment for Dressing
2. Dressing Tips
3. Energy Conservation with Self Care Activities
4. Putting on Open Front Garment Using a Dressing Stick
5. Putting on Pants and Underwear Using a Dressing Stick
6. Putting on Pullover Garment Using a Dressing Stick
7. Putting on/Removing Lower Body Clothing Method 1
8. Putting on/Removing Lower Body Clothing Method 2
9. Putting on/Removing Lower Body Clothing in Supine
10. Putting on/Removing Lower Body Clothing Using a Footstool
11. Putting on/Removing Open Front Garment Two Shoulder Drape
12. Putting on/Removing Open Front Garment One Shoulder Drape
13. Putting on/Removing Pullover Garment Arm-Head-Arm
14. Putting on/Removing Pullover Garment Head-Arm-Arm
15. Putting on/Removing Socks/Shoes with Adaptive Equipment
16. Putting on/Removing Support Stockings
17. Removing Pants and Underwear Using a Dressing Stick
18. Removing Pullover Garment Using a Dressing Stick
19. Using a Buttonhook
20. Putting on Open Front Garment
21. Putting on Pants and Underwear
22. Putting on Pullover Garment
23. Putting on/Removing Bra
24. Putting on Socks and Shoes
25. Removing Open Front Garment

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Patient and Caregiver Handouts:
Dressing Using One-Handed Method – Left Side Affected (continued)
26. Removing Pants and Underwear
27. Removing Pullover Garment
28. Shoe Tying

Dressing Using One-Handed Method – Right Side Affected
29. Putting on Open Front Garment
30. Putting on Pants and Underwear
31. Putting on Pullover Garment
32. Putting on/Removing Bra
33. Putting on Socks and Shoes
34. Removing Open Front Garment
35. Removing Pants and Underwear
36. Removing Pullover Garment
37. Shoe Tying

Resources:
2. Silvert’s Adaptive Clothing and Footwear - www.silverts.com/