



SAFE DRESSING

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Fall Risks

Getting dressed in an unsafe area

- Low lighting
- No supports to hold onto
- Improper footwear



Undressing in a hurry (e.g. to use the bathroom)

Getting dressed as per usual despite movement restrictions
(Graham, 2023)

Things to Consider:

- Opt for lightweight clothes
- Ensure that your clothing fits properly
- Consider alternative methods for dressing if faced with movement restriction

(Tang et al., 2023)

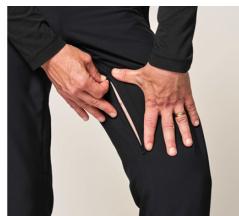
Useful Clothing Brands:

- MagnaReady
 - Magnetic front shirts for men and women
- Tommy Hilfiger Adaptive
 - Modifications such as magnetic buttons, bungee-cord, and velcro-closures
- Xpand Laces
 - Elastic laces
- Buck & Buck
 - Adaptive clothing, footwear and accessories
- Joe & Ella

(Parkinson's Foundation, n.d.;
Joe & Ella, n.d.)

Adaptive Clothing

CareZips
Men's Pants



Side-Zip Pant
for Women

Magnetic Button
Blouse

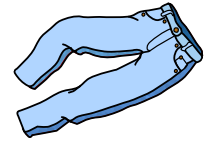


(Joe & Bella, n.d.)

Safety Tips!



1. Take your time/avoid rushing.
2. Dress after taking medications.
3. Consider adaptive clothing tools (e.g. button hook, dressing stick).
4. Wear non-slip socks instead of regular slippers.
5. Consider elastic shoelaces or lace locks.
6. Avoid socks that have tight elastic bands.
7. Choose clothes that have multiple zippers/fasteners for bathroom needs.
8. Consider shirt options that include an open back to eliminate overhead arm motion.
9. Select loose clothing when wearing a sling/cast.
10. Dress lower extremities while seated.
11. Make sure hem of pants are above knee before bringing them over thighs.
12. Pull up pants and zip near a counter or stable surface for support.



(Graham, 2023; Parkinson's Foundation, n.d.)

REFERENCES

- Graham, B. (2023, April 10). *Adaptive clothes can help caregivers and prevent falls*. CircleOf. <https://circleof.com/guides-and-tips/adaptive-clothes-for-care-and-health>
- Joe & Bella. (n.d.). *Dress without stress*. https://joeandbella.com/?sca_ref=3034711.joYrsoAVBB
- Parkinson's Foundation. (n.d.). *Getting dressed*. <https://www.parkinson.org/living-with-parkinsons/management/activities-daily-living/dressing#:~:text=Sit%20down%20when%20dressing.,put%20on%20shoes%20and%20socks.>
- Tang, C., Zakaria, N., & Ruznan, W.S. (2023). The development of anti-fall functional clothing for elderly. *Global Health Journal*, 7 (4), 175-181. <https://doi.org/10.1016/j.glohj.2023.10.001>