



Fall Free Friday: Dressing Techniques & Adaptive Clothing

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Why is Fall Prevention Important?



- Falls can result in many different types of injuries including:
 - Skin abrasions
 - Hip fractures
 - Head injuries
- Approximately 1/3 of elders may experience a fall within their lifetime
 - Fall prevention must be applied to daily living, such as grooming and dressing techniques, with the help of the occupational therapy team!



Occupational Therapy in Fall Prevention

- Occupational therapists (OTs) help to decrease fall risk
 - Builds confidence in performance while decreasing anxiety
 - Addresses the environment and person
- OTs can implement fall prevention measures to all routines
 - By talking to patients, OTs can make safe changes to the environment and routines
 - Examples: Adding nightlights to the bedroom; wearing supportive shoes within the home instead of slippers



The Act of Dressing

- Dressing has potential fall risks, so OTs can make changes to improve safety!
 - Clothes should be lightweight
 - Sizing of clothes should be checked to ensure proper fit
 - Fasteners on clothing
 - The dressing routine and environment

(Tang et al., 2023)



How can Dressing Lead to Future Falls?

- Not getting dressed in a reliable area
 - Improper footwear
 - Low lighting
 - Not seated
- Removing clothes in a hurry to use the bathroom
- Frustrated from decreased mobility from clothes
- Postural hypotension



(Graham, 2023)

Safe Dressing Tips!



1 Take your time and avoid rushing.

2 Dress when your medications are working.

3 Consider adaptive clothing tools (e.g. button hook, dressing stick, zipper pulls, and/or sock aid).



(Parkinson's Foundation, n.d.)

Safe Dressing Tips!



4

Wear non-skid socks instead of regular slippers.



5

Consider elastic shoelaces and/or lace locks to avoid tying shoes.



6

Avoid socks that have tight elastic bands.

(Parkinson's Foundation, n.d.)

Safe Dressing Tips!



7

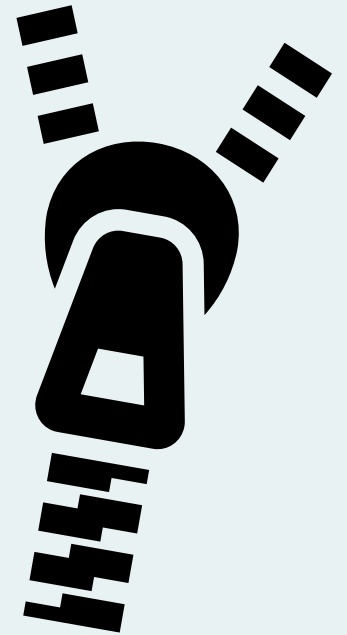
Choose clothes that have multiple zippers and fasteners to accommodate bathroom needs.

8

Consider shirt options that include an open back to eliminate overhead arm motion.

9

Select loose clothing when wearing a sling/cast or other orthotic.



(Graham, 2023)

Safe Dressing Tips!



10

Dress lower extremity while in a seated position.

11

Ensure hem of pants are pulled up to right below knee.

12

Pull up pants and zip near an area that you can grab a counter for support if needed.



(Graham, 2023)



Adaptive Clothing

- Important that clothing options for older adults are....

*Adaptive, comfortable, and align
with your style!*

(Graham, 2023)

Clothing for Easy Dressing



CareZips
Men's Adaptive
Pants

Everyday Side-
Zip Pant for
Women



Everyday
Magnetic
Button Blouse

(Joe & Bella, n.d.)

Other Clothing Brands to Consider:

MagnaReady: Magnetic front shirts for men and women

Tommy Hilfiger Adaptive: Modifications such as magnetic buttons, bungee-cord, and velcro-closures

Speax: Incontinence wear for women

Willow: Incontinence wear for men

Xpand Laces: Elastic laces

Buck & Buck: Adaptive clothing, footwear, and accessories

(Parkinson's Foundation, n.d.)



Quiz Time!







Question #1

1. Which of the following is an effective way to reduce the risk of falls while dressing?
 - A. Dressing while in a seated position.
 - B. Dressing while lying in bed.
 - C. Dressing while standing in an open space.
 - D. Dressing in the shower before getting out to dry.



Answer:

A. Dressing while in a seated position.





Question #2

2. Which of the following dressing tips is effective in reducing risks of falls while dressing?
- A. Buttoning and zipping pants while keeping the eyes closed.
 - B. Pull up and fasten pants near a stable surface for support if needed.
 - C. Buttoning and zipping pants while standing on one leg.
 - D. Buttoning and zipping pants while talking on the phone in case of emergency.



Answer:

B. Pull up and fasten pants near a stable surface for support if needed.



Question #3

3. Which of the following is true?
- A. Adaptive clothes increase the risk of falls.
 - B. Adaptive clothes are low quality.
 - C. Adaptive clothes are commonly recalled.
 - D. Adaptive clothes can help caregivers and prevent falls.



Answer:

D. Adaptive clothes can help caregivers and prevent falls.



Question #4

4. It is important to...

- A. Ensure that clothing options for older adults are adaptive, comfortable, and match the client's style.
- B. Only focus on style.
- C. Get clothes only from name brand stores.
- D. Ignore comfort levels.



Answer:

A. Ensure that clothing options for older adults are adaptive, comfortable, and match the client's style.



Question #5

5. Falls during dressing can be common if older adults are
- A. Not getting dressed in a stable area.
 - B. Wearing shoes that are too small.
 - C. Dressing in the dark.
 - D. All the above.



Answer:

D. All the above.



Question #6

6. The risk of falling can be increased by ...
- A. Taking your time to complete tasks.
 - B. Wearing appropriate clothing.
 - C. Trying to hurry when removing clothes.
 - D. Completing tasks in a well-lit bedroom.



Answer:

C. Trying to hurry when removing clothes.



Question #7

7. Which of the following is true?

- A. Falls do not cause injuries.
- B. Falls improve quality of life.
- C. Falls can cause many types of injuries.
- D. Falling never leads to hospitalization.



Answer:

C. Falls can cause many types of injuries.



Question #8

8. True or false: Dressing is a task that involves no risk of falling.

A. False

B. True



Answer:

A. False



Question #9

9. It is important to be sure that

A. Clothes fit snug.

B. Clothes are the appropriate size and hemmed to an appropriate length.

C. Clothes are not comfortable.

D. Clothes are loose to ensure comfortability.



Answer:

B. Clothes are the appropriate size and hemmed to an appropriate length.



Question #10

10. True or false: Postural hypotension increases the risk of falls.

A. True

B. False



Answer:

A. True



**Thank you for tuning
into our Fall-Free
Friday session:
Dressing Techniques
& Adaptive Clothing!**

References



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