

## Dressing: Clothing Hints

### Size

- Buy clothing that is larger than necessary (at least one size larger).
- Wear clothing which is loose, such as V-neck sweaters, raglan sleeves, front buttons, peasant style or football sweaters. Avoid turtle necks, body shirts and tight fitting clothing.

### Fabric

- Wash and wear fabrics are best.
- Non-slippery fabrics which are breathable such as cottons or cotton blends.
- Knits or fabrics with 'give' and stretch easily but keep their shape well are recommended.

### Openings and Closings

- Front opening garments are easier to reach than side and rear opening garments.
- Replace buttons with velcro.
- Use elastic top pants rather than buttons.
- V-necks and boat necks are easier to pull over the head than tight t-necks and turtlenecks.
- Tie coloured beads to the ends of jackets so they can be held while being done up.
- Tie a coloured bead or key fob to the ends of zippers.



### Socks

- Tube socks eliminate the worry of looking for the heel.
- Cotton socks cause less friction for a sweaty foot and are more absorbent than nylon socks.
- Avoid high nylon content where possible as they tend to fit too tight, may cause rubbing in shoes, and can cause the toes to curl.

### Underclothing

- Boxer style undershorts are easier to manage than briefs.
- One piece vests with snap closings stay in place, offering better coverage and warmth to the lower back for small children.

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### Mittens/Gloves

- Mittens are easier to put on than gloves.
- Silk liners offer additional warmth and make slipping mittens on much easier.
- Mittens with zippered sides make positioning of the thumb easier.

### Jackets

- An anorak with a long zipper or velcro closing placed the length of one arm and sleeve is easier to put on/off than a traditional front closing jacket.
- Rain capes from a construction or camping supply store help to keep the rain off efficiently for the individual using a wheelchair.
  - These items are light weight and can be purchased in inexpensive disposable models, perfect when you are in a pinch or when frequent replacement is anticipated for any number of reasons.

