



The Independent Living Centre

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CHOOSING CLOTHES FOR EASY DRESSING AND UNDRRESSING

This brief guide is to help you choose clothes and footwear that suit your taste and life style without compromising your comfort and independence.

For an individual assessment of your clothing needs or advice on maintaining independence when dressing, contact the Clothing Advisor at the Independent Living Centre at the address/phone number/email above.

STYLES

If you need clothes that are easy to get on and off, it is worth considering a few general guidelines when choosing.

- Loose-fitting styles will be easier.
- Fasteners should be in an accessible position
- Deep arm holes like raglans or dropped shoulder styles are more roomy than a Set in sleeve.
- Separates are easier to get on and off than dresses or all-in-one suits.
- Elasticated or semi-elasticated or draw string waists avoid the need for waistband fasteners.
- A few lightweight stretchy layers may be easier to put on than one thick heavy layer.

FABRICS

Tracksuits are easy to put on and take off because of the jersey fabric they are made with. Jersey fabrics are knitted instead of woven and this gives them flexibility and stretch. You can now find a wide range of styles using finer quality jersey fabric. The amount of stretch that you get in natural, man-made and synthetic jersey varies depending on the quality of the fabric. Look out for a small percentage of ELASTANE or LYCRA included in the fibre content of a garment; this will help the garment to return to shape after it has been stretched to its limits when putting it on or taking it off. Cotton, viscose and polyester jersey is used in wide legged and tapered trousers, skirts, dresses and jackets.

Stretch is not limited to jersey fabrics, look out for “Crinkle” fabrics as well as bias cut garments, the stretchy quality is created by the weave of the fabric and the cut of the garment. Many manufacturers are now adding LYCRA to woven fabrics to give you crisp cottons or sturdy denims with added stretch and fit.

Smooth silky fabrics such as satin in synthetic or natural fibres will slide on and off the body more easily than rough or textured fabrics. An over garment will glide on over a satin finished layer; a pile finish or a textured garment worn underneath would give more resistance. A coat with a satin lining will be easier to put on than an unlined jacket.

FASTENERS

If you can avoid fasteners by choosing clothes that stretch or have wide openings then do, but if you can't avoid them, then make sure you can reach them. Choose fasteners that you can manage or adapt to make them easier, or consult a dressmaker to ensure that the fastener can be removed and replaced with something more manageable.

BUTTONS

Small buttons are often difficult both to do up and undo; smooth, flat hard buttons of 2cm or more in diameter with a slightly raised rim are usually the easiest to manage, although some people prefer toggles to buttons. If buttons are sewn on with a long shank or with elastic thread they are usually easier to manage. Looped button holes of fabric or elastic can be a satisfactory substitute for those who cannot manage slit button holes, while vertical button holes and those that are slightly larger than the button make dressing easier – although, if the buttons are in a position where they will be subjected to strain, they may come undone.

ZIPS

Zip fasteners are generally quicker and easier to do up than buttons, and garments can be bought with various weights and styles of zip. Nylon zips are less conspicuous and less likely to 'catch' the skin or other garments than metal ones, but they are not as strong (e.g. in trousers or jeans). Open-ended zips make access easier but are more difficult to align and fasten together than closed-end zips. Tags such as rings, tassels, loops of fabric can be added easily and discreetly to zip tags so that those who have difficulty manipulating conventional tags find them easier to fasten. Loops can also be added to the base of a closed-end zip so that it can be anchored with one finger when the zip is being closed, and to both sides of an open-ended zip so that they are easier to grasp when the ends are being locked together.

HOOKS AND EYES

Small hooks and eyes are difficult to see, feel and manipulate. They could be replaced with corset or trouser hooks if these do not spoil the look of the garment. On heavier garments, large sew-on trousers hooks and bars may be easier to manipulate than those fixed through the fabric of ready-made garments.

PRESS FASTENERS

These come in a variety of sizes and can be sewn on or riveted. Those with a button sewn over the top or the riveted type with a button backing are easier to manipulate than the conventional sew-in variety. Poppers may not be strong enough in areas where there is tension (e.g. the waistband).

VELCRO

This touch and close fastener, which consists of hooked and looped surfaces that lock together on contact and can be ripped apart again, can be managed by those with very limited use of their upper limbs. To prevent discomfort, the hooked section should always be sewn on so that it faces away from the skin. Velcro should be sewn on in small sections (2cm is usually sufficient), because long strips can distort fine fabric and are difficult to align (4cm length are the maximum that should be used). Small dots of velcro may not be strong enough for any area where there is strain. When washing, velcro must always be closed – so that it cannot catch on other parts of the garment and so that the hooked section does not become "furred". On waistbands or bra's where there may be strain on the fastener, velcro will not hold adequately unless it is used in a strip looped back over itself through a "D" ring.



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Boden

Midland Terrace
Victoria Road
LONDON
NW10 6DB

Tel:- 020 8453 1535

Hawkshead

Main Street
Hawkshead Village
The Lake District
LA22 0SW

Tel:- 0990 434000

Travelling Light

FREEPOST
Morland
Penrith
Cumbria
CA10 1BR

Tel:- 01931 714488

Woods of Morecombe Ltd

42-44 Queen Street
Morecombe
Lancs
LA4 5EL

Tel:- 01524 840084

Lands End Ltd

FREEPOST MIDI3504
Oakham
Rutland LE15 6ZW
Tel:- 0800 220 106

Clothes for Easy Dressing

Men / Women

- Elasticated waist trouser
- Bias Cut Skirt with elasticated waists
- Bias cut dress with no fasteners
- Men - Pull on moleskins
- Pull on casual shirts

- Men - Pull on trousers
- Drawstring waist trousers
- Women - Wrap around skirts

- Women - Elasticated jersey Shirts/trousers
- Front fastening dresses
- Dresses with no fasteners

- Front Fastening Bras

- Men - Pull on casual shirts
- Women - Pull on jersey trousers/skirts/tops/dresses

Clothes for Easy Dressing

Men / Women

Chums

P.O. Box 50
Prescot
Merseyside
L34 9GX
Tel:-0870 043 4184
www.chums.co.uk

- Men - Elasticated waist trousers with button and fly
- Pull on casual shirts
- Women - Pull on skirts/trousers
- Front fastening dresses
- Drawstring waist trousers
- Zip front corsets
- Front fastening bras

Comfortably Yours Whitford

Special Collection
53 Dale Street
Manchester
M60 6ES

- Women - Pull on skirts/trousers
- Zip front fastening dresses
- Draw string waist trousers
- Front Fastening bras
- Front zip corsets

Tel:- 0870 603 3603

Nightingales Ltd

Nightingales House
Long Lane
Craven Arms
Shropshire
SY7 8DU

- Women - Pull on trousers/skirts/dresses
- Front fastening dresses

Tel:- 0870 6012415

Care Clothing

www.careclothing.co.uk

Full range of easy on and off clothing for older people.

Allana

www.allanasmythe.co.uk

cotton nightwear with side and back openings.

Medoris

www.medoris.co.uk

Easy on and off for people with special needs.

Adaptawear

www.adaptawear.co.uk
Tel: 08456439492

Easy on and off for people with special needs. Includes front fastening bras with press studs or magnetic fasters! Up to 42"/46"

Clothes for Easy Dressing

Men / Women

Cotton Traders

P.O. Box 42
Altrincham
Cheshire
WA14 1SD

Tel:- 0161 286 4000

Men/Women - Elasticated waists
Jersey Fabric

Cotswold Collection

Grosvenor House
65 Albion Street
Cheltenham
Gloucestershire
GL52 2RR

Tel:- 01242 226262

- Some pull on fine jersey skirts and dresses and trousers

Damart

Bowling Green Mills
Lime Street
Bingley
West Yorkshire
BD97 1AD

Tel:- 01274 510000

Women - Pull on trousers/skirts/dresses
- Wrap around skirts
- Front fastening dresses
- Front fastening bras
Men - Jersey or cotton canvas
- Elasticated waist trousers
with or without fly fasteners

Bibs

Up Front Designwear

Feveralls Lodge
Roe End
Roe End Lane
MARKYATE
Herts
AL3 8AG

Tel:- 01582 840797

Simon Jersey Ltd

P.O. Box 10
Loughrea
Ireland

Tel:- 091 842 588

Noyna

222 Stretford Road
Urmston
MANCHESTER
M41 9NT

Tel:- 0161 748 2724

Medipost UK

17 Surrey Close
Granby Industrial Estate
WEYMOUTH
Dorset
DT4 9TU

Tel:- 01305 760750

Waistcoat Style Bibs

Scarf Bibs

Plain Bibs to tuck inside clothes

Novelty Bibs

Work Wear

100% Cotton Backless Waistcoat
with tie waist and popped
halterneck

Apron, Overalls, Sleeve Guards

Will make up special orders

P.V.C. Nylon Fire Resistant

£4.00 + VAT, 3 sizes

Bibs

Will make one off garments

Smokers Protective Apron – Made to
Order