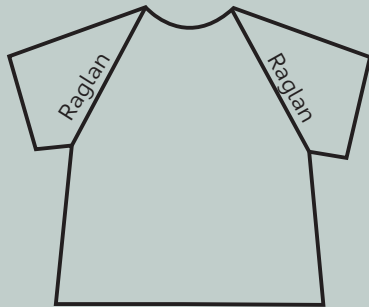


Dressing for Arthritis & Immobility

Arthritis and immobility are often experienced as people age but new products on the market make it easier for a senior to prolong one's ability to dress oneself and accommodate caregivers when immobility comes into play.

Look for garments that have wider or lower armholes that make it easier to get into, particularly with ragland sleeve styles.



Garments designed to open in the back may be easier when shoulder immobility is experienced.

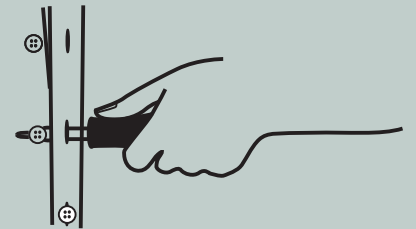
Dressing aid products such as dressing sticks, sock donners and shoe horns to make dressing simpler.

Add a metal ring with an opening or an easy-grip ribbon to a zipper pulls to make them easier to grasp.



For the truly immobile, check skin for pressure sores and irritations and choose garments that have flat seams on the interior. Remove all tags to prevent skin damage. Smooth all wrinkles under bedbound people so as not to put undue pressure on the skin.

If small buttons cannot be avoided, use a button hook for ease of fastening. Other devices like dressing sticks, sock donners and shoe horns can make dressing simpler.



Pants with vertical openings along each leg can make dressing bed-bound people easier. Otherwise, assist in donning pants while a person is seated to minimize the potential for falls.

Choose alternate closures for garments, such as magnets and Velcro®.



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