

## Tips for Assisting with Dressing for Your Care Recipient

It is important to recognize that dressing is something that the care recipient has been able to perform for years without requiring any type of help. Accepting help may especially be difficult if your care recipient doesn't want to be a burden to others and wishes to do things by themselves without being reliant on support. Factors such as your relationship to the care recipient, gender, and age can further exacerbate this sentiment.

When communicating, instead of assuming that they will need assistance, express your wish to help but also **maintain their dignity by showing respect, empathy, and meeting them where they are.**

To allow the care recipient as much independence as possible, keep in mind the following if they may need assistance:

- **Give extra time to dress** – Plan for extra time if they can still dress themselves.
- **Explain** – Communicating what you are doing while assisting with dressing can help the care recipient understand what is going on.
- **Provide choices** – This allows care recipients to feel they can still keep their autonomy.
- **Know their preferences** – If the situation requires the care recipient to choose clothing from a limited set of choices, it may be helpful to know preferred styles (color, shape, pattern) so that they will choose something from the given options.
- **Lay out clothes in the order they will be put on**– This can streamline the process to dress your care recipient.
- **Simplify and duplicate** – If having choices confuses the recipient, simplify by having duplicates of existing clothing that your care recipient likes as a change of clothing.
- **Consider adaptive clothing** – Adaptive clothing can make dressing easier and more convenient for both the caregiver and care recipient. Examples include Velcro, magnetic buttons, side zippers, or seamless items, etc.
- **Assistive technology (AT) tools** – These are products that improve or maintain independence and safety. Examples include elastic (no tie) shoe laces, button hook aid, zipper pull, shoe horn, sock aide, grabber/reacher, etc.



From Amazon.com

For more information, visit [keiro.org/adl-dressing](https://keiro.org/adl-dressing).