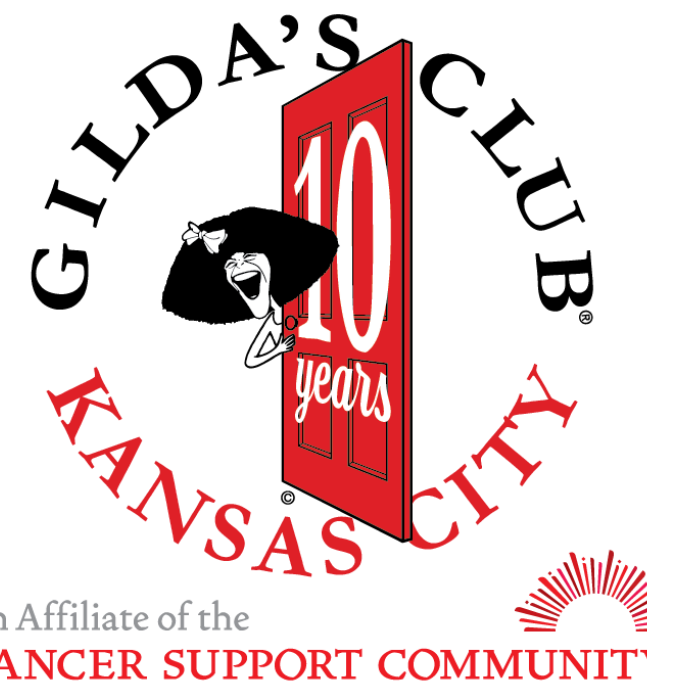


Dressing Strategies & Adaptations

If you experience difficulty any part of dressing each day, consider these pieces of equipment & strategies to help you be able to do so more easily!



To Conserve Energy...

- Sit in a chair when getting dressed
- When putting on socks or shoes, put your foot over your knee so you don't have to bend over as far
- Set out clothes prior to dressing when you have the most energy
- Loose fitted clothes & shirts that button down the front require less energy to put them on

Consider Equipment such as...

- Sock Aid/ Stocking Donner
 - Ease putting on socks as you don't have to bend over
- Long-Handled Shoe Horn
 - Put on shoes without having to bend forward
- Dressing Stick
 - Variety of uses- allows you to reach & pull/push off clothing to assist in dressing

For Neuropathy Symptoms...

- Button Hook/Zipper Pull
 - Helps button/unbutton & pull zippers without small finger manipulation
- Zipper Tab
 - Finger loops through string, leather lacing, etc. to pull zipper
- Magnetic Buttoned Shirts- "Magna Ready"
- Adapt buttons with velcro

Shoe Alternatives

- Slip-On Shoes
- Velcro Shoes
- Elastic Laces- Can be added onto shoes you already have

Belt & Jewelry

- Belt Alternatives- "Adult Myself Belt"
 - Hook & loop, one-handed closure
- Jewelry Alternatives
 - "Dynatomy Easy Living Bracelet Assist"
 - "Magnetic Jewelry Clasps"
 - "Hooker Bracelet Helper"

Equipment

Sock Aid/ Stocking Donner:



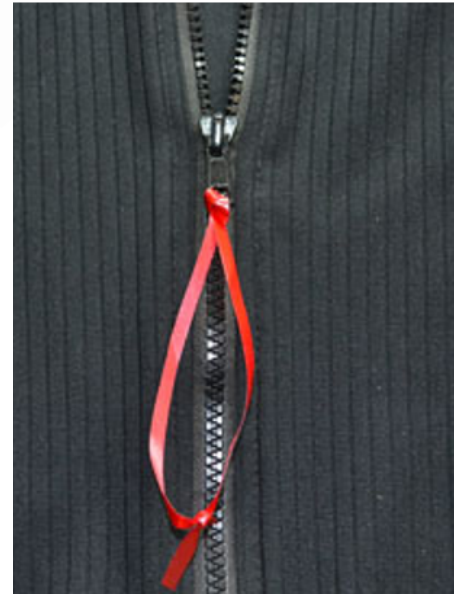
Dressing Stick:



Long-Handled Shoe Horn:



Zipper Tab:



Button Hook/ Zipper Pull:



"MagnaReady" Magnetic

Velcro Shoes:



Buttoned Shirts:



Adapted Buttons with Velcro:



"Adult Myself" Belt:



Elastic Laces:



"Dynatomy Easy Living

"Magnetic Jewelry Clasps":



Bracelet Assist":



"Hooker Bracelet Helper":



Resources

Memorial Sloan Kettering Cancer Center. (2020, December 16). Managing cancer-related fatigue. Memorial Sloan Kettering Cancer Center. <https://www.mskcc.org/cancer-care/patient-education/managing-related-fatigue#section-5>

Wood, L. (2015). Occupational therapy energy conservation booklet patient information leaflet. Blackpool Learning Hospitals. <https://www.bfwh.nhs.uk/wp-content/uploads/2018/02/PL721.pdf>

Equipment Resources

Sock Aid/Stocking Donner: https://www.hdis.com/jobst-stocking-donner-jo110913?cid=199755&gclid=CjwKCAiAz--OBhBIEiwAG1rIOge74CdyM_gXVYrXH-gfjcAv5fF50wG-CVg5-g2dxlY-SUgHqAFBoC3dsQAvD_BwE

https://www.amazon.com/Truform-Stocking-Donner-Regular-X-Large/dp/B00FX7FBAY/ref=asc_df_B00FX7FBAY/?tag=hyprod-20&linkCode=df0&hvadid=309872231410&hvpos=&hvnetw=g&hvrnd=16200916921670131819&hvpone=&hvptwo=&hvqmt=&hvdv=c&hvdvcmidl=&hvlocint=&hvlocphy=9023889&hvtargid=pla-592754666354&th=1

Dressing Stick: [https://www.amazon.com/Maddak-Inc-738810001-Dressing-Stick/dp/B0002DL946/ref=asc_df_B0002DL946/?tag=hyprod-](https://www.amazon.com/Maddak-Inc-738810001-Dressing-Stick/dp/B0002DL946/ref=asc_df_B0002DL946/?tag=hyprod-20&linkCode=df0&hvadid=198069016725&hvpos=&hvnetw=g&hvrnd=14820218815070731133&hvpone=&hvptwo=&hvqmt=&hvdv=c&hvdvcmidl=&hvlocint=&hvlocphy=9023886&hvtargid=pla-320468413625&pssc=1)

[20&linkCode=df0&hvadid=198069016725&hvpos=&hvnetw=g&hvrnd=14820218815070731133&hvpone=&hvptwo=&hvqmt=&hvdv=c&hvdvcmidl=&hvlocint=&hvlocphy=9023886&hvtargid=pla-320468413625&pssc=1](https://www.amazon.com/Maddak-Inc-738810001-Dressing-Stick/dp/B0002DL946/ref=asc_df_B0002DL946/?tag=hyprod-20&linkCode=df0&hvadid=198069016725&hvpos=&hvnetw=g&hvrnd=14820218815070731133&hvpone=&hvptwo=&hvqmt=&hvdv=c&hvdvcmidl=&hvlocint=&hvlocphy=9023886&hvtargid=pla-320468413625&pssc=1)

Long-Handled Shoe Horn: https://www.ncmedical.com/item_927.html

Button Hook/Zipper Pull: <https://www.amazon.com/Button-Zipper-Dressing-Arthritis-Independent/dp/B07MVKGTMR>
[https://www.amazon.com/Vive-Button-Hook-Arthritis-Independent/dp/B00WRG9LRI/ref=pd_lpo_3?
pd_rd_i=B00WRG9LRI&pssc=1](https://www.amazon.com/Vive-Button-Hook-Arthritis-Independent/dp/B00WRG9LRI/ref=pd_lpo_3?pd_rd_i=B00WRG9LRI&pssc=1)

Zipper Tab: <https://www.activedailyliving.com/QuickTip/PreviewTip>

Magna Ready: <https://magnaready.com/collections/mens-shirts>

Adult Myself Belt: <https://www.amazon.com/Myself-Easier-Handed-Closure-Leather/dp/B06VWQT9W7?th=1>

Dynatomy Easy Living Bracelet Assist: <https://www.thewrightstuff.com/dynatomy-easy-living-bracelet-assist.html>

Magnetic Jewelry Clasps: <https://www.thewrightstuff.com/magnetic-jewelry-clasps.html>

Hooker Bracelet Helper: <https://www.thewrightstuff.com/hooker-bracelet-helper.html>

Black Velcro Shoes: <https://www.walmart.com/c/kp/men-s-shoes-with-velcro-straps>

Elastic Laces: [https://www.amazon.com/YLhighton-Tie-Free-Double-Elastic-](https://www.amazon.com/YLhighton-Tie-Free-Double-Elastic-Shoelaces/dp/B08LVXS26K/ref=asc_df_B08LVXS26K/?tag=hyprod-20&linkCode=df0&hvadid=475739748864&hvpos=&hvnetw=g&hvrnd=3072804815060483995&hvpone=&hvptwo=&hvqmt=&hvdv=c&hvdvcmidl=&hvlocint=&hvlocphy=9023224&hvtargid=pla-1126711248934&pssc=1)

[Shoelaces/dp/B08LVXS26K/ref=asc_df_B08LVXS26K/?tag=hyprod-](https://www.amazon.com/YLhighton-Tie-Free-Double-Elastic-Shoelaces/dp/B08LVXS26K/ref=asc_df_B08LVXS26K/?tag=hyprod-20&linkCode=df0&hvadid=475739748864&hvpos=&hvnetw=g&hvrnd=3072804815060483995&hvpone=&hvptwo=&hvqmt=&hvdv=c&hvdvcmidl=&hvlocint=&hvlocphy=9023224&hvtargid=pla-1126711248934&pssc=1)

[20&linkCode=df0&hvadid=475739748864&hvpos=&hvnetw=g&hvrnd=3072804815060483995&hvpone=&hvptwo=&hvqmt=&hvdv=c&hvdvcmidl=&hvlocint=&hvlocphy=9023224&hvtargid=pla-1126711248934&pssc=1](https://www.amazon.com/YLhighton-Tie-Free-Double-Elastic-Shoelaces/dp/B08LVXS26K/ref=asc_df_B08LVXS26K/?tag=hyprod-20&linkCode=df0&hvadid=475739748864&hvpos=&hvnetw=g&hvrnd=3072804815060483995&hvpone=&hvptwo=&hvqmt=&hvdv=c&hvdvcmidl=&hvlocint=&hvlocphy=9023224&hvtargid=pla-1126711248934&pssc=1)

<https://www.walmart.com/ip/LOCK-LACES-Elastic-No-Tie-Shoe-Laces-Pack-of-2-2-Pack-Black/571086436>

*Resource Made by: Katie Henderson.
Occupational Therapy Student*