

FACTSHEET

Clothing Ideas for People with Physical Disabilities

This fact sheet aims to look at ways in which everyday clothing can be adapted so that they are more comfortable and easy to wear, but also provides guidelines on choosing the right clothing according to your needs.

When choosing clothes, you may need to consider the fit, style and comfort provided. Certain designs of clothing may be suitable for a particular disability but not for another. However, general rules of thumb are helpful.

TOPS

- Loose fitting tops provide extra room to manoeuvre when dressing
- Larger arm holes can provide a person with limited upper body dexterity to dress more easily.
- Popper, Velcro and zip fastenings are good alternative to buttons that can be difficult to fasten for a person with limited manual dexterity.
- Also, slippery fabrics can make dressing easier.
- Stretch fabrics also provide ease when dressing.
- Longer back lengths are ideal for wheelchair users as this prevents 'drafts' when in a seated position.
- Raglan sleeves avoid seams that can get caught and be uncomfortable.



TROUSERS

- Loose fitting trousers can assist those with incontinence problems. Also, they allow for the use of drainage bags to be concealed, if required.
- Elasticated waistbands allow trousers to be removed quickly and easily if necessary.

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clothing for care

Wheelchair Users

- Opt for longer leg lengths in trousers.
- Longer back lengths of tops and high waisted trousers prevent 'drafts' when seated.
- Consider elasticated waistbands to provide stretch across the midriff
- Longer fly openings allow for easier dressing
- Avoid tight fitting trousers to prevent restriction if you are sitting for long periods especially around the crotch.
- Pleats in trousers provide extra 'give' when seated.

Incontinence

- Opt for elasticated trousers so they can be removed easily.
- Wrap-round skirts for women can be easy to slip on and off in emergencies.
- Back opening trousers that have the back part of the trousers cut away can be useful in extreme instances to avoid soiling of clothing
- Consider trousers with side openings as they allow catheters to be change easily

STYLES AND FABRICS

- Natural fabrics made from wool or cotton are more breathable and thus more comfortable next to the skin. This can be important for sensitive skin and allergies.
- Warm thermal lined fabrics are important in the winter as blood circulation is reduced when sitting for long periods.
- Again stretch fabrics dry quickly, are comfortable to sit in and make dressing easier.
- Synthetic fibres such as Polyester are strong, keep their shape, are warm and resist creasing but can cause sweating and be uncomfortable for those with sensitive skin.
- Mixed fabrics are ideal as they combine the benefits of all the fabrics.
- Slippery linings can also assist when manoeuvring.
- Antimicrobial fabrics are a new type of material available to assist in the control of bugs such as MRSA and C. Diff. Clothing that contain this material are useful for people staying in hospital and care facilities.

Our fact sheets can be given to service users who may have difficulty finding the right clothing. Further information can be found on our website, www.adaptawear.co.uk. We are happy to discuss your clothing needs and how adaptations can be made to existing clothing. Call us on (0121) 707 7007