

## Dressing and Grooming Equipment

The ability to dress and groom themselves is very important to many people. There are a number of pieces of equipment which can be used by people to facilitate independence in these areas.



### DRESSING AIDS

Before considering equipment to assist with dressing, consider the type of clothing to be worn. Some clothes are easier to don or remove, such as a t-shirt or polo shirt without buttons, or pants with an elastic waist rather than a zipper.



There are also suppliers that make modified clothing that may be easier to don or remove. An example is clothes with Velcro fastenings instead of buttons or zippers.



Stocking, sock and pantyhose aids may be helpful for people who have difficulty bending down to reach their feet. The clothing item is pulled over a flexible plastic gutter, and long cotton tapes are used to pull the plastic gutter up bringing the clothing item with it. Special aids to assist in putting on compression stockings are also available.

A dressing stick is a stick with a hook on one end. It can be used to push off or pull on hard-to-reach items of clothing.



Loops sewn onto clothing can make it easier for someone to use a dressing stick, by providing something for the stick to hook onto.

Long-handled shoehorns may assist with putting shoes on by reducing the need to bend.

A button hook can make doing up buttons easier for people who only have the use of one hand, or people who have limited hand function. Button Aids are used by passing the aid through the buttonhole to catch the button and then pulling the button back through the hole.



Elastic laces stretch and can remain tied up while putting on/taking off shoes.

Spring lace fasteners may also be used to firmly hold the laces together and can be operated with one hand.

Shoes with Velcro fasteners may be easier to fasten for people with limited hand function.



### **GROOMING AIDS**

Long handled combs or brushes can assist people who have limited arm and shoulder movement.

Mounting equipment, such as hair dryers, can be useful for people with only the use of one hand, coordination difficulties or limited hand function.

Some items such as nail clippers, nail brushes, emery boards or denture brushes can be mounted using suction caps.



For people with limited hand function a universal cuff may be used to enable them to hold items such as brushes and razors. A universal cuff is a Velcro strap, which wraps around the hand. The object is placed in a tubing pocket so there is no need to hold it with your fingers.

Electric razors and toothbrushes may be easier for some people to use as they can reduce the amount of hand and arm movement required.

Long handled nail scissors can make reaching the toes easier.

### **NEED TO KNOW MORE?**

Telephone, fax or e-mail your enquiry to obtain further information from one of the therapists about products. Alternatively, you can make an appointment to trial the equipment at our display centres or through our outreach service. Please phone LifeTec Queensland for further details.

Last Updated: March 2009

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