

## Dressing

Advancing Parkinson's can make daily tasks more difficult to perform. Getting dressed becomes a slower, more challenging activity, and caregivers often need to provide assistance. Changes to clothing and the dressing routine can improve safety and reduce frustration.

### General Tips

- » **Ensure adequate time for dressing.** Stress can make PD symptoms worse, so your loved one may not be able to help as much if you are rushing.
- » Consider **waiting for a time to dress** when your loved one's PD medications are working well, and he or she has the best mobility possible.
- » **Assemble all necessary clothing items before beginning** to dress to eliminate multiple trips to the closet or dresser.
- » Allow the person with Parkinson's to **provide as much assistance as he or she can.**
- » **Offer choice** (red sweater or blue sweater?) and encourage participation in physical movement.
- » **Incorporate a few extra arm or leg motions** for the person with Parkinson's during dressing to keep muscles flexible. This also builds range of motion and flexibility exercise into the daily routine.

### WATCH THE VIDEO

## Dressing

Online at [Parkinson.org/videos](https://www.parkinson.org/videos) in the "CareMAP How-to Videos" playlist



### Staying Safe While Dressing

- » Have the person with Parkinson's **sit down while dressing** to reduce the risk of balance loss or falls.
- » To reduce back strain, make sure you have the **best positioning possible** when helping the person with Parkinson's get dressed. For example, you can put on his or her pants, socks and shoes while the person is still lying down.

### What to Wear?

- » **Choose clothing styles and fabrics that make dressing easier.**
- » Select clothes that are **easy to put on.**
  - Soft, stretchy fabrics are better if stiffness and rigidity are a problem.
  - Elastic waistbands, front openings and bras that hook in front are good choices.
  - Tube socks may be easier to put on than dress socks.
- » **Avoid velour and similar fabrics**, which can create more friction with other surfaces and make it difficult to dress or move during the day.
- » If one arm or leg has more stiffness, put this extremity into the sleeve or pant leg **first**.
- » **Velcro can be sewn into existing clothes** (replace buttons with Velcro closures). Or you can buy clothing designed for easier dressing from adaptive clothing catalogs.
- » **Shoes with Velcro closures** can also make dressing easier.



### COLD WEATHER CLIMATES

- » Choose outerwear that is **oversized and easy fitting.**
- » **A soft fabric coat or sweatshirt** may be easier to put on, or consider an overhead poncho-style coat that does not require fitting arms into sleeves.
- » **Mittens** are easier to put on than individual finger gloves.