# Assessment form: Dressing aids



1.	Informa	ition	about	the	persor
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First name:			Family na	ame:		Gender:	Male □	Female □	Other □
Age:	0-5 □	6-18 🗆	19-39 □	40-54 □	55+ □	Telephone:			
Address:									

### 2. Assessment interview

Z. Assessment interview								
Thinkii	ng skills							
planning and remembering?		No $\square \longrightarrow$ Move to vision skills.						
		Yes □ → Comple	res □ → Complete thinking skills questions, then move to vision skills.					
D.	Difficulty planning v	vhat yo	ou are going to wear	?	Yes □	If yes to arry — Other assistive products		
Do you have:	Difficulty putting clo and the right way?	thes c	on in the right order		Yes □	other assistive products and/or 🗐 Refer		
	Difficulty remember	ing to	get dressed?		Yes □	to a rehabilitation service.		
Vision	skills							
	ı have difficulties	No □	☐ → Move to physic	al sl	kills.			
with vi	sion?	Yes	□ → Complete visio	estions, then move to physical skills.				
Do	Difficulty finding and	d sele	cting clothes to wear	?	Yes [	☐ <b>If yes to any ③</b> Refer to a vision or		
you have:	Difficulty seeing the	right	way to put clothes o	n?	Yes [	robabilitation convice		
Physic	al skills							
physical activities?		No □ → Move to	No □ → Move to plan.					
			Yes □ → Comple	te pł	physical skills questions, then move to plan.			
Difficulty lifting or moving you		your leg/s?	Yes □		If yes to any → Dressing aids may help. Refer to selection table.			
	Difficulty lifting or moving one arm?			Υe	es 🗆	If dressing aids do not help ( Refer to a rehabilitation service.		
De	Difficulty lifting or moving both arms?			Υe	es 🗆	If yes → Dressing aids may not help  Refer to a rehabilitation service.		
you have: Difficulty using your hands to do up / undo fasteners such as zips and buttons?			Υe	es 🗆				
	Difficulty reaching for and picking up clothes or shoes?			Υe	es 🗆	If yes to any → Dressing aids may help. Refer to selection table. If dressing aids do not help ☐ Refer to a		
	Difficulty leaning forward to pull on or pull off clothes or shoes?			Υe	es 🗆	rehabilitation service.		
	Difficulty with balance?			Υe	es 🗆			

### 3. Plan

Select dressing aid/s:	Button hook and zip puller □ Reach and grab tool □ Follow up date: A  Dressing stick □ Sock aid □ Long handle shoe horn □					
Teach about:	Change dressing position: Sitting □ Lying □					
reach about.	Change how to get dressed or undressed □					
Refer:	Rehabilitation service □ Vision service □ Other assistive prod	duct □				

## Selection table: Dressing aids



Step 1: Select		Assistive product								
Always select dressing aid with the person. To select the right features, take into account the person's health, ability, support available and choice.		Reach and grab tool	Reach and grab tool Dressing stick		Sock aid	Long handle shoe horn				
	Moving legs	✓	✓	X	✓	<b>✓</b>				
	Moving one arm	✓	✓	<b>✓</b>	X	<b>✓</b>				
Physical	Moving both arms	X	X	X	X	X				
difficulty	Using hands to use buttons and zips	X	<b>&gt;</b>	<b>&gt;</b>	X	X				
	Reaching for and picking up or pulling on/off clothes or shoes	<b>✓</b>	<b>&gt;</b>	X	<b>~</b>	<b>✓</b>				
	Balance	<b>✓</b>	<b>✓</b>	X	<b>✓</b>	<b>✓</b>				
Remembe	er	Good hand strength is needed to use a reach and grab tool.	C-shaped hook can be used to pull zips open or closed.		Easier to use with both hands.					

Tips for
using
dressing
aids

### **Dressing position**

If a person gets tired getting dressed or has balance difficulties, consider changing dressing position. They may feel safer sitting or lying down.

### How to get dressed and undressed

If a person has a weaker side of the body, it may be easier to:

- Put clothes on the weaker side first
- Take clothes off the stronger side first.

### Different types of clothes and shoes

If a person has difficulty with getting certain types of clothes or shoes on or off suggest choosing:

- Clothes that are stretchy or loose
- Clothes without buttons or zips
- Shoes without laces such as slip on shoes or shoes with Velcro closures.