

## *Dressing aids*

Dressing aids are usually small items, each designed to assist with a specific area of dressing or personal grooming which is difficult because of pain or restricted movement. If you, or someone you care for, are experiencing difficulties when getting dressed, you might feel that you need something to help you.

### **You may be experiencing difficulties for several reasons including:**

- Painful or stiff joints due to arthritis
- Back pain
- Breathlessness
- Balance problems or dizziness when bending or standing for periods at a time
- Swollen or painful hands and feet
- Reduced grip

Dressing aids will help to reduce the movement which causes pain or incites difficulty and assist you in completing the task using an alternative method. Using these simple tools could also help to prevent falls caused by bending and stretching to get dressed.

### **Which dressing aid is best for you?**

You will already know what tasks have become difficult so have a look at these common dressing aids to see if there is anything you might find useful.

- A dressing stick helps you to position clothes onto your shoulder to make it easier to put your arm into the sleeve.
- Some undergarments can be awkward to get on if you only have the use of one hand. A bra angel could help you overcome this.
- A sock gutter or sock helper will even work with compression stockings.
- If you need a helping hand, a combi-reacher or easy reacher will go anywhere that you need it. When choosing a "reacher", don't just go for the longest because you think you're getting more for your money! If you're petite, with a shorter arm span, a smaller length reacher may be better and help you avoid awkward stretching to reach the item you've picked up.
- Fastening a shirt or cardigan can be fiddly – a button hook will make buttons easier to fasten.
- A leg lifter can help position your legs to put shoes or socks on and assist lifting legs into and out of bed.
- A shoe horn will help with your shoes and prevent you from having to bend down.

Many of these items can be purchased online or through local pharmacies.

**Dressing stick**



**Bra Angel**



**Sock Aid**



**Helping Hand / Easy Reacher**



**Button Hook**



**Leg Lifter**



**Long Handled Shoe Horn**



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