

Dressing (Assistive Technology)

- **Getting dressed can be difficult for some people**
- **There is a wide variety of assistive technology (AT) available to make dressing easier**

What impacts on dressing?


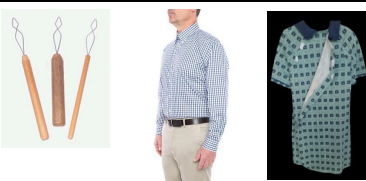

Some people who had polio can find getting dressed difficult. This might be due to fatigue, weakness or reduced flexibility.

Movements involved in dressing include twisting the body and hands, rotating the back and doing up buttons.

What is available?

There is a very wide range of assistive technology (AT—also known as [aids and equipment](#)) available, and it is important that it meets your specific needs. Your health professional can recommend the best items for you.

Here are some examples of AT that you might use:

Common Problems	Example AT	Photos of AT
Limited reach	Sock aid Dressing stick Long-handled shoe horn	
Limited hand function	Button hook Magnetic fasteners Velcro dressing	
Fatigue	Chair/ Stool Shoe lace aid Velcro shoe straps	

Purchasing equipment

Most AT can be found on the Independent Living Centre Australia's [website](#). This site will direct you to companies selling the equipment.

Things to consider when choosing AT

There is a wide range of AT available. There are some key points to consider when choosing the right AT for you. To find a full list of considerations when choosing AT please see the [aids and equipment fact sheet](#).

Safety Considerations

- Choose comfortable clothes and shoes that you can get on and off easily
- Be careful of wet surfaces
- Keep your home temperature warm and comfortable before dressing
- Get help if you need it
- Avoid reaching too far or twisting
- If you have any balance difficulties, sit down to get dressed
- Use aids whenever you need them
- Replace damaged AT when necessary

Funding

There is a range of government and non-government funding to help you pay for your AT.

Each funding scheme is different. Some will only fund certain types of equipment. Check with your state funding organisation for more details about what is available for you.

For more information, visit www.polioaustralia.org.au/lifestyle-aids-and-equipment and click the "Funding" tab.

Individual Help

- Ask your doctor for a referral to see an [Occupational Therapist \(OT\)](#)
- Contact the [Independent Living Centre](#) or 1300 885 886

Thank you to Occupational Therapy students at Monash University for developing this fact sheet.

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