

Tips For Dressing

- Support the person to have control over what they choose to wear, they are more likely to get dressed if the clothes they are putting on are not causing feelings of anxiety and pain. Remember for you that white fluffy jumper may feel cosy but for a person with hypersensitivities it may feel like prickly and itchy.
- Think sensory, if the person is refusing to wear a certain clothes item consider all the sensory elements. Ask yourself questions like did you change your washing power recently? Has it not been ironed? What does it feel like? What does it sound like?
- Lay the clothes out in advance to support the person to be able to plan and sequence the dressing process. This will also reduce additional stress when trying to leave the house on time.
- Set the person up for success, if they really have difficulty with laces choose Velcro. If buttons are problematic, choose Zips.
- Understand that dressing is a complex task which requires many skills, practice these skills through other tasks to develop skills like hand eye coordination, spatial awareness and balance
- Model dressing with the person or practice on a doll or toy.