# **Individuals with Physical Disabilities**

**Dressing & Self-Care Challenges** 

Individuals with physical disabilities may have impairments in strength, balance, coordination, or fine motor skills, which can impact their ability to dress and care for themselves.

### **Individuals may:**



Difficulty reaching or lifting limbs (e.g., paralysis, joint pain, muscle weakness)



Fatigue or pain during dressing, making the process longer and more exhausting



Inability to fasten buttons, zippers, or laces due to limited hand dexterity



Need for frequent assistance or risk of falls during dressing routines



Trouble standing or balancing to pull on pants or adjust garments

These challenges can lead to greater reliance on caregivers, slower and more tiring dressing routines, increased frustration, and a higher risk of falls or injury.

## **How Adaptive Clothing Helps**

### For the Patient

- Enables independent dressing with easy features like Velcro, magnets, and open-back designs
- Reduces pain and fatigue with softer fabrics, adjustable fits, and accessible closures
- Minimizes risk of injury or falls by allowing dressing from seated positions

## For the Caregiver

- Saves time and energy by simplifying the dressing process
- Reduces physical strain involved in lifting, pulling, or helping someone dress
- Improves safety by reducing the need for awkward positioning or standing transfers
- Creates a more respectful and efficient care routine, easing stress on both sides

