



Complete Guide to Adaptive Clothing

What is Adaptive Clothing?

Adaptive clothing is apparel that has been designed for people who have difficulties dressing themselves due to age, disability or general lack of mobility. Common misconceptions of adaptive clothing is that it is only for people who are bound to a wheelchair, however anyone who is limited by traditional clothing can benefit from adaptive clothing.

Many seniors appreciate the ease and comfort that adaptive clothing can offer, such as open back shirts, extra wide slippers and shoes, easy snap pants, and wrap-around skirts and dresses for women.

For those managing health conditions such as ALS, cerebral palsy, Alzheimer's, arthritis, shoulder surgery recovery, edema, or hospital recovery, adaptive clothing can make a significant and appreciated difference in life quality simply by making dressing less difficult.

Benefits of Adaptive Clothing

Adaptive clothing makes changing easier as it requires less mobility to adjust, remove and put on. These garments focus on keeping motion centralized and close to the body as opposed to stretching your arms, legs or back to adjust them. A primary benefit of adaptive clothing is that caregivers can more easily change clothing on an individual with low mobility.

Common Types of Adaptive Clothing

There are a few different types of adaptive clothing, and determining what type is best for your loved one heavily depends on their mobility and lifestyle.

A few types of adaptive clothing that we carry on GeriFashions.com are:

- **Open Back Pants**
- **Open Back Tops, Dresses & Nightwear**
- **Dignity Suits (Antistrip Jumpsuits)**
- **Adaptive Slippers and Shoes**



Open Back Tops, Dresses & Nightwear



Open back clothing is applied by using snaps at the shoulder. This style still provides full coverage as an average shirt but it is much easier to put on and take off. Caregivers also love this style as it provides an easier changing experience as the individual being changed does not need to raise their arms. This style of product is available in long sleeve, short sleeve, polo shirts, blouses and cardigans.

Open back dresses, nightshirts and nightgowns work in the same fashion that open back tops do. They are fastened with snaps at the shoulder and will usually hit below the knee for comfort.

Open Back Pants

These types of pants are ideal for those in wheelchairs and people who cannot be constricted by traditional pants or bear weight. Open back pants are cut out at the back but have a modesty flap to provide coverage.

They fasten by 3 snaps on the side that allow for adjustment approximately by 1.5 to 2 inches. Open back pants grant caretakers the ability to change someone in a standing or laying position.



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Dignity Suits (Antistrip Jumpsuits)

This style of adaptive clothing is primarily used with individuals who have Alzheimer's or Dementia, Anti-Strip Suits are used to prevent inappropriate undressing.

These suits are done up with snap closures at the back neckline, making it harder for the person wearing the suit to take it off.

Dignity suits, available in both day or nightwear styles, are designed to look like regular clothing but with the added measure of making it difficult for an individual to take the suit off on their own and preventing spontaneous undressing.

Caregivers appreciate these suits as it provides comfort and safety for the themselves as well as the person they are caring for.



Adaptive Footwear



Adaptive footwear, which included slippers/indoor shoes as well as light wear outdoor shoes, are easy to remove and put on.

This type of adaptive footwear features features large Velcro fasteners, allowing the foot to be easily placed inside with minimal effort. Adaptive slippers and footwear are typically wider than more traditional options, making them a great choice for those who need a wider fitting shoe or to accommodate for swollen feet.

Adaptive slippers are ideal for anyone being looked after by a caregiver, or by anyone who simply would like an easier footwear option to wear around the house or facility.

There are different types of adaptive slippers/footwear to meet several different needs.