

DRESSING

Dressing ourselves each morning is an activity that we can easily take for granted. The ability to get dressed on one's own is an important part of maintaining independence and self-esteem. With Parkinson's disease (PD) and the associated stiffness and tremors, precise movements (such as doing up buttons) can become very difficult, making dressing a lengthy and frustrating task.

Here are some suggestions for making dressing a little bit easier:

- Dress when you are experiencing an "on" period, when your medication is working optimally.
- Allow enough time to dress independently, without being rushed. Accept help, even if it means you may run late.
- Put your clothes down on your bed, and as much as possible, sit down while dressing.
- Always dress your weaker/stiffer side first.
- Avoid dresses, skirts, and slacks with back closures.
- Go for comfort during the day with loose, casual, easy-to-wear clothing. However, don't hesitate to dress up for special functions. You will look good and feel better.
- Simplify your dressing area and closets so that clothing is as easy to reach as possible. For example, do not store shoes under your bed.
- Look for dressing aids in medical stores, catalogues, or online. Before purchasing, make sure you can use them appropriately, and that they are helpful. An occupational therapist can advise you with such items.
- Find clothing and shoes with Velcro closures and elastic waists, and try to choose clothes that are easy to care for, such that they do not need ironing or dry cleaning.

Please contact Parkinson Society British Columbia if you are interested in learning more about adaptive clothing available for purchase in your area.

Source

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