

Do you support someone to get dressed?

How can you support a person to remain independent with these tasks?

Can you teach someone new ways to look after themselves?

Low risk AT assistive technology is designed to make tasks easier, safer and allow an individual to perform a task independently.

They are simple, low cost items that can be purchased from retail outlets, pharmacies, hardware shops and supermarkets.

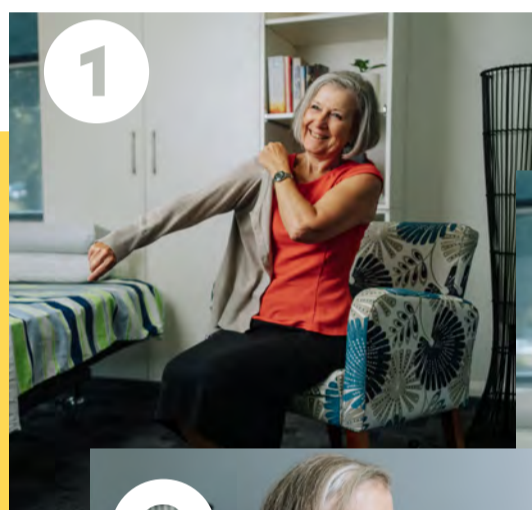


Using a Dressing Stick

A dressing stick is either made of wood or plastic. Most dressing sticks have a push-pull hook on one end and a 'C' hook or rubber tip on the other.

Dressing sticks assist in putting on and removing garments that cannot be easily reached. A dressing stick can be used to bring clothes around your shoulders, push clothes off your shoulders, pull up zips, pull up pants and push of socks. Clients with difficulty reaching behind their shoulders and bending to their feet may benefit from a dressing stick.

Make sure your client is sitting when completing dressing tasks.



Putting on a shirt or cardigan

1. Place your less affected arm into the shirt/cardigan and pull it up to your shoulder.
2. Hook the dressing stick at the collar and use the dressing stick to move the shirt/cardigan around your neck.

3. Use the dressing stick to pull the shirt/cardigan forward so that it comes over your second shoulder.

4. Once it is in reach, grab the shirt/cardigan and place your arm in the sleeve.

Putting on a pullover garment

1. Place both arms in the sleeves and position the hook of the dressing stick on the back of the collar
2. Push the fabric up and over your head.
3. Pull the garment down to your waist.



Consider the training your individual client would benefit from. A combination of oral instructions, demonstrations and written instructions may be required to help your client become competent and confident using low risk AT assistive technology.