

**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 Button Hook

A button hook is a pointed loop hook attached to a thick wooden or plastic handle.

A button hook enables clients to do up buttons independently. Clients with reduced strength in their hands or the use of one hand only may benefit from a button hook.

Button hooks with larger handles are available to assist clients with poor grasp.

1. Insert the button hook through the buttonhole.
2. Hook the button with the end of the buttonhook.
3. Pull the button through the buttonhole.

Alternatively, your client may wish to consider clothing without buttons which are easier to manage.



### Using a Zip Pull

A zip pull is a clip-on ring with a finger loop that can be attached to standard zipper tabs to assist with fastening zips. Clients who have difficulty gripping a standard grip may benefit from a zip pull.

Button hooks and dressing sticks often have a 'C' shaped at the end of them to assist with doing up zips.

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.