

Everything you do for me; You take from me

Sample answers to the Learning Activity

What aspects did you circle when you did the activity? Because we get dressed every day, it is easy to think it is a simple and undemanding activity. However, it is very complicated!

Here are some sample answers. As you can see, even getting dressed offers health and wellbeing benefits that are physical, cognitive, emotional and social.

Physical

Strength

- Pulling open heavy drawers
- Pulling up a tight pair of pants
- Lifting a heavy coat off a rack

Balance

- Picking shoes up off the floor or bending into low drawers
- Standing on one leg while putting on underwear or pants
- Movement of joints
- Bending hips, knees and spine to put on pants, shoes and socks
- Reaching behind your back to do up a bra
- Lifting arms over your head to put on or take off upper body clothing

Dexterity

- Doing up zip, buttons, shoe laces

Coordination

- Putting your leg into your pants
- Putting your arms into the armholes
- Pushing buttons through button holes

Endurance

- We don't think a lot about this, but you do need a degree of endurance for dressing. If you are well, you probably don't think of dressing as an endurance activity! Older people who have physical changes, may find endurance lacking for dressing. Do you know anyone who takes a long time to get dressed?

Sensory abilities

- Need vision to be able to find clothing items in cupboards and drawers
- Need vision to ensure clothing items match.

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Cognitive

Decision making

- Can you relate to this? How many times have you had difficulty deciding what to wear??!!
- Planning and organisation
- You need to make sure you have appropriate clothes available (washed, ironed and ready to wear)
- You need to know what time the appointment is and organise yourself to shower, dress and travel to the appointment to arrive on time.

Sequencing

- Well, you wouldn't want to wear your underpants on the outside, would you? The order in which we put on clothing is very important!

Problem solving

- Sometimes we can be confronted by problems when we get dressed. If you have planned your outfit, what happens when:
 - You can't find a clothing item?
 - A clothing item you want is in the dirty clothes basket?
 - You spill coffee on your clothes when you are about to leave the house?

Concentration

- It can be hard to concentrate on a task when we have lots of competing demands or when you are preoccupied. Lapses in concentration might result in problems like:
 - having buttons done up in the wrong order
 - forgetting to do up the zip on your pants
 - getting your dress or skirt tucked into your undies or tights!

Memory

- First, you need to remember that you have an appointment! Even though this is not "getting dressed", it still impacts the process.
- You need to remember where everything is. This might seem obvious, but if you have ever worked with someone who has dementia, you may have seen how difficult daily tasks are when you can't recall where to find things.

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Emotional

Motivation

- Without motivation, you would still be lying in bed instead of getting dressed

Express self-identity

- Our clothes are a reflection of our personalities and preferences. This is why we don't like it when other people tell us what to wear.
- Wearing clothes that make you feel comfortable and "like yourself" can enhance wellbeing

Demonstrate personal values

- If the appointment is important to you and you feel it is important to present in a certain way, it will affect how you dress.
- For many people (not everyone!), an appointment with a specialist doctor might mean being freshly showered and dressed in clean, neat clothes.

Social

Communicate with others

- What we wear is a form of communication. It demonstrates to others, the emotional aspects that we identified previously

Respond appropriately to individuals and groups

- You may choose to wear clothes that you think are "appropriate" for the occasion.

Fulfil the roles that are important to you

- We often dress in ways that are congruent with "roles" that we take on. In the role of a "patient of a specialist", we may want to demonstrate respect to a doctor but also be respected by the doctor in discussions.