

Dressing a Person

1. Be respectful when you help a person dress. Let the person choose what they wish to wear, if possible. Or, let them select from 2 to 3 outfits.
2. Do not Rush.
3. Wash and dry your hands.
4. Help person (as needed) in preparing set of clothing.
5. Give the person privacy and let him or her dress themselves as much as possible.
6. Have him or her sit on the side of the bed or in a chair. This prevents loss of balance if they were to stand.
7. Prepare each item of clothing by unzipping, unhooking, or unbuttoning.
8. Help remove clothes:
 - a. Gently remove one item at a time
 - b. Keep the person covered as much as you can
 - c. If the person has a weakened or injured arm or leg, undress their **STRONG** side first.
 - d. Then slip clothes off the weak or injured part of the body.
9. Help to put on clothes:
 - a. Gently remove one item at a time.
 - b. If the person has a weakened or injured arm or leg, dress their **WEAK** side first.
 - c. Then put cloths on the strong side of their body.
 - d. To put on Pants or trousers – gather a pant leg, reach through to guide the person’s ankle all of the way through. Pants with a loose elastic waistband are easiest to put on.
 - e. To put on a shirt or dress – gently guide the weak hand through the sleeve while supporting their arm. Put it all the way on. Then dress the stronger arm.
 - f. To put on a pullover sweater or shirt – gently guide both arms into the sleeves. Then, pull the sleeves all of the way up. Slide the sweater or shirt all of the way up. Then slide it over the person’s head.
 - g. To put on Slip-on shoes – a shoe horn will help if the fit is tight.
10. If you dress a person with dementia:
 - a. Help the person dress themselves while giving simple directions, such as “Put on your shirt” or “Put this arm through the sleeve.”
 - b. Talk about an interesting topic and make dressing enjoyable.
 - c. Give the person time to respond to you without a lot of extra talking.
11. Certain adaptive devices can help a person tie shoes, button a blouse etc. Consult with an occupational therapist about the best choice for the person you care for.
12. Once dressed ask the person if he or she is happy with what they have on. If so, smooth the clothing and fasten as needed. Then let them return to normal activity.