

ADAPTIVE CLOTHING RESOURCES



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ADAPTIVE CLOTHING RESOURCES

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Disclaimer:

This is a resource manual designed to enhance access to information about clothing and fasteners that may be helpful for those with difficulty using one or both hands for dressing and undressing. The content is intended for general education purposes. It should not be considered as professional advice or a substitute for seeking professional guidance. The inclusion of any brand or product does not imply or constitute an endorsement or approval. The collaborators make no representation or warranty, express or implied, regarding the accuracy, completeness, reliability, or availability of the content. The use of the information is at the user's own discretion and risk. We have included external sites as a courtesy. We are not affiliated with the sites which may be included in the manual and we are not responsible for their content. The linked sites are for your convenience only and you access them at your own risk. The collaborators do not endorse, warrant, or assume liability for the content or practices of these third-party sites. The presence of any link or reference to a third-party website, product, or service does not imply an endorsement or recommendation by the collaborators.

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The collaborators do not guarantee any specific results or outcomes based on the use of anything listed.

We have done our best to ensure that the information provided is accurate and valuable. You should consult with your healthcare provider about your individual situation.

How to Use this Resource Manual

This resource manual was designed via 41 interviews with individuals who have arm/hand difficulties in regard to dressing due to a variety of diagnoses, including stroke, Parkinson's disease, and spinal cord injury. Interviews were conducted between September 2023 and April 2024 at the University of Delaware through a research project funded by the National Science Foundation (NSF Award #2324343). Interviews with healthcare professionals were also conducted in April 2024 to further assist in the production of this manual.

This manual serves as a resource for various items that may be helpful to individuals who have arm/hand difficulties. You will find a Table of Contents to help guide you through the manual. We included some Adaptive Websites as well as some Helpful Dressing Websites that may be of interest. We have 11 clothing categories which have detailed information about products and tips. Please note that you may be able to find these products in a variety of locations- online or in stores (including Amazon, Walmart, Kohls, Target, Boscov's and other major department stores). You may also be able to find the items in a variety of sizes and colors. Prices may also vary from our listed price as well as from store to store.

There are two ways to utilize this manual depending on how you are accessing it. If you are using this manual electronically, you can simply click on the link provided which will take you to a website for that specific product. By clicking on the links, you can find the products and items that may be helpful or of interest to you. If you are looking at this manual on paper, you can type in the brand and item names into an internet search engine to locate an item.

All of the tables list the brand, name of the item, a picture of the item, features, and cost. Some of the items listed were generated based on ideas or themes that came up often during the interviews. The features may highlight why a product is important. You may be able to locate additional, similar items via various venues that serve a similar purpose to the ones shown here. For example, you may decide you don't want the exact item that is listed in the manual (e.g., white Velcro shoes) but you may want to search for other shoes with Velcro fasteners that appeal to you since Velcro may be easier than laces.

Lastly, we provide information about fasteners in general, including tips for using them. You also will find a page on how to go about changing fasteners on current clothing.

We hope you will find this manual and information useful! If you have any questions, please reach out to Michele Lobo (malobo@udel.edu) or via phone number 302-831-8526.

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Adaptive Clothing Websites

The following are companies, along with their website link, that offer adaptive clothing.

Buck & Buck	https://www.buckandbuck.com/	Velcro shirts and pants. No buttons, clasps, or snaps. Shirts, Tops, Sleepwear, Socks, Footwear
Easy Access Clothing	https://easyaccessclothing.com/	Velcro clothing, Wider cuts, elasticized waistbands, wrist loops to help with dressing
IZ Adaptive	https://izadaptive.com/	Seamless clothing to help reduce risk of pressure sores especially for those in wheelchairs
JAM the label	https://jamthelabel.com/pages/design-features	Designed by Occupational therapists. Adaptive clothing specifically designed to make the task of dressing easier, more comfortable and dignified. Magnetic wear and accessible fasteners
Joe and Bella	https://joeandbella.com/collections/disabled-adaptive-clothing	CareZips pants to assist those with incontinence, Adaptive Pants, Tops, Bras, Footwear, and Shop by Need for various diagnoses
Liberare	https://liberare.co/collections/frontpage?sscid=61k8_jcudh&	Bras that are Easy-on and Pain-Free, Front closure bras, Magnetic bras, Velcro Underwear
MagnaReady	https://magnaready.com/collections/mens-adaptive-clothing	Magnetic button closures for Shirts, Pants, Jackets, Dresses, Sleepwear *Seek physician approval if you have any implantable device, stent, pacemaker, or defibrillator when using magnets
Silverts	https://www.silverts.com/	Adaptive Footwear, Tops, Pants, Pajamas, Intimates, Outerwear, and Accessories
Tommy Adaptive	https://usa.tommy.com/en/tommy-adaptive	Clothing modified with one-handed zippers, magnetic buttons, and seams that open. Sensory wear with heat-pressed labels and flat seams.
Wo Wease	https://www.wowease.com/collections/womens-swimsuits	Adaptive Swimwear
Zappos	https://www.zappos.com/c/adaptive	Offers many adaptive shoe options. This company also allows you to purchase single shoes or a pair in 2 different sizes.

SITES TO HELP WITH DRESSING

The following are website links that may be helpful in regard to dressing.

One-handed shoe tying	https://humantouchot.com/the-one-handed-shoe-tying-technique/	Step by step methods with pictures on how to set up and tie laces one-handed
Dressing after stroke	https://www.syrebo.com/info/life-after-stroke-how-to-dress-and-undress-78597236.html	Step by step methods for putting on shirts, sweaters, and pants after a stroke
Dressing tips after stroke	https://www.stroke.org/en/life-after-stroke/recovery/daily-living/dressing-tips-for-stroke-survivors	Offers simple tips for dressing after a stroke to help make things easier for the stroke survivor
A handy guide to managing everyday activities with one hand	https://ilct.com.au/uploads/General/Info-Sheets/20170327_Handy-Guide-one-hand.pdf	Describes techniques and a range of assistive devices which may help manage many activities using one hand- including tying a tie
Dressing techniques for people with spinal cord injury	https://therapistsforarmenia.org/wp-content/uploads/2021/03/Dressing-Techniques.pdf	Offers dressing tips and step by step information for dressing lower body in bed or in wheelchair
One-handed dressing techniques and tips	https://shop.disabilityhorizons.com/one-handed-dressing/	Videos and information regarding dressing with one hand

Sneakers

Brand	Item	Link to find	Features	Cost
Friendly	 Friendly Tenses	Friendly	- Front zipper to open and close shoe - No laces to tie - Removable Insoles - Smooth lining allows shoes to be worn with or without socks - Wide Width/Extra Depth in the toe box	\$95
Billy	 BILLY Goat AFO-Friendly Shoes	BILLY	- Three removable insoles and additional wedge insert for adjustable depth and use of custom orthotics - Zipper closure for easy entry - Adjustable and no laces to tie	\$140
Skechers	 Skechers Slip-ins	Skechers	- Hands free shoes designed that allow you to step in without bending over. - No laces to tie	\$95
Kizik	 Kizik London	Kzik	- Hands free shoe that can be slipped into without bending over - The heel compresses when placing the foot in and snaps into place - No laces to tie	\$159

Nike		Nike	- Heel pivots open for hands-free entry - Lace free	\$125
	Nike Go FlyEase			
Reebok		Reebok	- Adaptive zip on the side to make it easier to put on and take off - No lace to tie - Extra wide - Removable insert to accommodate orthotics	\$65
	Reebok Club MEMT Parafit shoes			
Adidas		Adidas	- Slip on shoe - No laces to tie - Wide shoe - Pull tab on back to help put on	\$70
	Adidas Lite Racer Adapt 7.0			
Nike		Nike	- Velcro Tab for ease of putting on and taking off - No laces to tie - Strap to help secure the fit	\$140
	Nike Pegasus FlyEase			
Adidas		Adidas	- Velcro Strap closures - Wide shoe - Simple design	\$159
	Adidas Stan Smith Velcro			
Silverts		Silverts	- Extra wide/adjustable - Velcro closures - 2 removable soles - Grip Loop in the back to help put foot in - Medicare Reimbursable	\$89
	Silverts Extra Wide Comfort Shoes with Easy			

Women's Dress Shoes

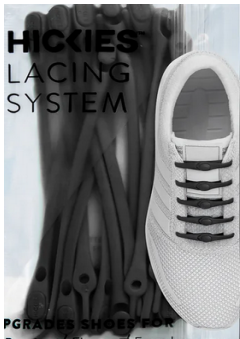
Brand	Item	Where to find	Features	Cost
Belifi	 Belfi Premium Orthopedic Shoes	Belifi	- Leather Loafers - Lightweight - Velcro for easy on/easy off and for adjustable fit	\$40
Dr. Comfort	 Jackie Women's Dress Shoe	Dr. Comfort	- Classic Mary Jane style - Velcro closure for adjustable fit - Reduced seam lines to prevent skin irritation - Pull at top of heel to help with placement of foot in/out	\$112
Ortho +rest	 Black Pumps Dress-Violet	Ortho+rest	- Roomy round toe box - Foam lining and thick padding - Low chunky heel for stability - Strap to keep foot in place when walking	\$59
DSW	 SOUL Naturalizer About Time Wedge Pump	DSW	- Full wedge at bottom versus a standard heel to help with balance while still providing height - Slip on/slip off	\$69
Clarks	 Clarks Women's Cora Harbor	Amazon	- Slip on/Slip off with zip fastening - Leather loafer	\$45

Men's Dress Shoes

Brand	Item	Where to find	Features	Cost
Dr. Comfort	 Frank Dress Shoe	Dr. Comfort	- Velcro closure for adjustable fit - Roomy toe box - Durable leather - Removable insoles	\$112
Ortho Feet	 Lincoln Center	Ortho Feet	- Wide toe box - Extra depth - Rubber outsole - Adjustable strap	\$110
Buck & Buck	 Men's Hook and Loop Washable Shoe	Buck & Buck	- Vinyl for easy to clean - Velcro closure for adjustable fit	\$40
Skechers	 Slip-ins Relaxed Fit: Caswell-Frantone	Skechers	- Hands Free Slip in shoe - Leather - Memory foam for comfort	\$90
Friendly	 Force Black Unisex Shoe	Friendly	- Lightweight - Easy On/Off with zipper access to open the shoe - Wide fit accommodates swelling and orthotics	\$42

Other Tips for Shoes/Sneakers

Item	Link to find	Features	Cost
ViveLong Handled Shoehorn 	Amazon	- Long handle -No bending or need to reach down -Adjustable extended reach assist -Folds for travel	\$10
Tieless Elastic Shoelaces with Strong Lock 	Amazon	-Locking system to hold laces together so they won't come undone -Can turn current laced shoes into slip on/slip off	\$8
Elastic Shoelaces 	Slacklace Xpandlaces	-Flat elastic shoelaces -Can turn shoes into slip on/slip off -Eliminate the need to tie and re-tie	\$7-\$12
Shoelace Anchors 	Amazon	-Use anchor to lock in the shoelace -Results in a no-tie lacing system -Works for flat laces	\$10

Zubits Magnetic Lacing 	Zubits	-Magnetic shoe closures -No Tying -Works with the current laces on shoes -Hands free stepping in/out of shoes	\$18-\$22 depending on size
Funnel Shoehorn 	Amazon	-Helps put foot in shoe with more ease by having foot slide in -Shoe Horn replacement -Durable and portable	\$25
LockLaces 	LockLaces	-No tie -Doublet eyelet lock securely grips laces to keep them from slipping -Adjustable tension -One size fits all -Lifetime guarantee	3 packs for \$20
HICKIES 	Hickies	-No tie but has appearance of laces -Transform shoes into hassle free slip-ons	\$18

Other General Tips for Sneakers/Shoes:

Sit down to put on shoes	Cross a leg over the other one to put on shoe or take it off so that you do not have to bend as much	Use a shoehorn to help assist the foot in the shoe A loop at the back of the shoe may also be helpful to pull the shoe on
Use socks with less friction to help slide the foot in and out more easily	Try shoes that slip on more easily to avoid having to bend over	Use a footstool or box to prop the foot up to avoid bending over too much
Use Velcro closures or elastic shoelaces instead of regular laces	Write an R inside Right Shoe and a L inside Left Shoe	Keep shoes tied so they don't have to be laced and re-laced
For women: Opt for a wedge instead of a heel if wearing dress shoes	For women: Opt for flats instead of high heels when wearing dress shoes	For women: Opt for a strap instead of an open top to keep dress shoes on

Brand	Item	Link to find	Features	Cost
Rehab Mart	 The Original AFO Assist / AFO Cradle	Rehab Mart	- AFO Cradle holds AFO securely to assist with putting on - Foot Funnel keeps the heel of shoe from collapsing - Shoe Platform holds shoe at a 45-degree angle to facilitate sliding foot into your shoe - Product accommodates most sized AFOs	\$89

Other General Tips for Ankle Foot Orthoses (AFOs):

Get a half to full size up in the shoe for the brace	Remove the sole of the shoe to give the brace more room to fit	Cut out the tongue of the shoe to give the brace more room to fit
Use the brace as a shoehorn and put the brace in the shoe first and then slip the foot in	Use Velcro sandals (like TEVAS) to make it easier to put the brace on so that you don't have to put the brace into a shoe	Wear a long sock to prevent skin breakdown
Use a wide width shoe to allow more room for the brace	Find shoes with pull tabs to allow you to pull the shoe on more easily	Add key rings to Velcro on the brace to help open/close Velcro
Follow up with orthotist for adjustments	Use baby powder to help the brace slide more easily into the shoe	Add additional fabric to the Velcro on the brace to help open/close Velcro

Men's Pants

Brand	Item	Link to find	Features	Cost
Tommy Hilfiger	 Classic Short	Tommy Hilfiger	- Velcro brand closure and magnetic fly, designed to appear as a traditional button/zip fly - Stretch fabric that ensures a comfortable fit - Shorts and pants available - Elastic pull-up loops	\$55-90
Magna Ready	 Denim 'MVP' Five Pocket Jean with Magnetic Closures	Magna Ready	- Magnetized closure and magnetic front pant-fly - Eliminates the need for a zipper and button when putting on or taking off pants - Machine washable and easy to clean	\$70
CareZips®	 CareZips® Men's Adaptive Pants	Joe and Bella	- Tailored for incontinence care and easy access to medical devices - No need to remove pants for bathroom breaks	\$80
Silverts	 Open Back Adaptive Cargo Pant	Silverts	- 2 easy grip loops, 1 on each inner side for easy pull up dressing - Secured with adjustable snap. - Inside buttons & bungees to customize inseam length	\$50
IZ Adaptive	 Men's GC Seamless Back Plaid Ponte Pant	IZ Adaptive	- IZ Seamless Technology™ - Front zipper with removable pull - Elastic waist - Elastic material	\$138

Women's Pants

Brand	Item	Link to find	Features	Cost
Silverts	 Women's Side Zip Adaptive Pant	Silverts	- Longer pull-tab zipper closure secured with hook and loop (Velcro) fastener tabs - 2 easy grip loops, 1 on each inner side for easy pull up dressing - Designed for lowered hand dexterity	\$45
Kohl's	 Pull-On Wide Leg Crop Pants	Kohl's Susan Graver Chico's Isaac Mizrahi	- The elastic waistband eliminates the need for fasteners - The flow and stretch of the pants make getting dressed easier	\$25
St. John's Bay	 Adaptive Mid Rise Bootcut Seated Wear Jean	JCPenny Kohl's	- Velcro brand closure and magnetic fly - Designed to appear as a traditional button/zip fly - Place magnets over each other and secure with the Velcro	\$54 \$28
Magna Ready	 Lucy Standing Fit Straight Leg Pant	MagnaReady	- MagnaReady® patented magnet closures at the front pant-fly with Velcro secured top closure - Elastic back waistband provides comfort and improved fit	\$30
Magna Ready	 Gathered Waist Pants - Standing Fit	MagnaReady	- Faux tie with Velcro closure hidden below knot to create adjustable belt at the waistband - Adjustable length by folding pant leg up into pant and securing it with loops	\$45

Other Tips for Pants

Item	Link to find	Features	Cost
Clip and Pull Dressing Aid 	Amazon	-Fasten the clip-on pants -Slide your feet into pants -Pull up pants more easily - Helps to make it easier to put on pants with just one hand	\$18
 Wings Pants Dressing Aid	Caregiver Products.com	- This adapted dressing tool holds the pants open and works with trousers, blue jeans, sweatpants, and underwear - The frame is adjustable by opening the release and pulling outward	\$40
 Dressing Aid Rod Stick	Walmart	- Can be used to help grab pants when dressing and undressing	\$10

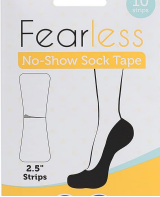
Other General Tips for Pants:

Choose pants with elastic waist bands.	Put the affected leg in first when getting dressed.	Remove the stronger leg first when undressing. Then slip out your affected leg.
Put the pants on while sitting on the bed/chair.	Pants with a looser fit are easier to maneuver.	Give yourself more time when putting on or taking off pants.
Leave belts on before putting them on and leave them on, if possible.	Start buttoning from the bottom and work your way up.	Replace buttons with Velcro.
Find pants with pockets to provide storage for items.	Use a mirror for visual assistance.	Magnetic buttons or snaps may be easier.

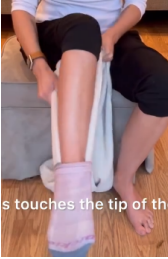
Socks

Brand	Item	Where to find	Features	Cost
Silverts	 Unisex Hospital Slipper-Grip Socks	Silverts	- Skid and slip resistant socks with treads or grips - Helps prevent falls	\$30 (6 pack)
TheraMagic™	 TheraMagic™ Zipper Compression Socks	Amazon	- Slip on easily - Closed toe, sewn with 4-way stretch weave of breathable fabric - Range of sizes from narrow to wide calf compression socks	\$15 - \$25
OrthoFeet	 Mid-Calf Compression Sock	OrthoFeet	- Fits comfortably in most shoes - Gradual compression from calf-to-ankle with enhanced compression around the midfoot - Breathable, seam-free interior and extra padding	\$27
Marchare Store	 Seamless Socks Thin Dress Crew Socks	Amazon	- Reinforced toes and heels - A comfortable seam toe ensures no irritation to the feet - Many sizes/colors available	\$14 (5 pack)
Beedlebug Little & Big	 Unisex Adaptive Easy Pull On	JCPenny	- Loop your finger in the hole and pull them on	\$12

Other Tips for Socks

Item	Link to find	Features	Cost
Sock aid, typical socks 	Amazon	- Insert sock on sock aid - Slide foot into plastic area - Use strings to pull sock on	\$10
Sock aid, compression socks 	Amazon	- Insert sock on sock aid - Slide foot into plastic area and pull sock on	\$40
Sock tape 	Amazon	- Double sided no-show sock tape will hold slippery socks comfortably against skin to keep them from moving around while walking	\$12

Other General Tips for Socks:

Using a towel instead of a device 		Steps: YouTube 1. Thin towel folding in thirds or halves 2. Slide sock over the towel ends, making sure the toe is all the way down to the tip 3. Put foot into the fold 4. Pull sock/towel up until sock is on 5. Pull towel out
Put on socks while sitting on a bed or chair	Sit and cross your leg to bring your foot closer	Spread the sock open with fingers (three fingers in a claw shape), and then put it on by the toes, and pull the sock on
Wear rubber gloves to improve grip and avoid piercing the compression socks	Use a foot stool to bring your feet closer	You may be able to remove a sock by sliding your foot across the carpet

Men's Dress Shirts

Brand	Item	Where to find	Features	Cost
Magnaready	 Long Sleeve Shirt with Magnetic Closures	Magnaready	- Magnetic Button closures in front and on cuffs for ease of dressing - Faux buttons	\$70
Magnaready	 Short Sleeve Polo with Magnetic Closures	Magnaready	- Magnetic Button closures - Faux buttons - Opens fully down the front	\$60
Silverts	 Men's Adaptive Open back Polo Shirt with Long Sleeves	Silverts	- Secured with snaps at shoulders - Easy Access Dressing and helpful for assisted dressing - Completely opens up allowing individual arms to be slid into the garment without having to raise/lower arms	\$40
The Able Label	 Douglas Check VELCRO Brand Fastening Shirt	The Able Label	- Velcro fasteners in place of buttons (faux buttons) to make putting on and taking off easier - Easy care fabric	\$56

Women's Dress Shirts

Brand	Item	Where to find	Features	Cost
Magnaready	 Long Sleeve Button Front Shirt with Magnetic Closures	Magnaready	- Magnetic Front Closures and cuff closures	\$50-70
Silverts		Silverts	- Faux Buttons - Easy to fasten and unfasten	
Silverts	 Open back ¾ Sleeve Knit Top	Silverts	- Secured with snaps at shoulders - Full Back overlap - Completely opens up allowing arms to be slid into the garment	\$63
Magnaready	 Tunic with Magnetic closures	Magnaready	- 3/4 sleeve - Magnetic closure at shoulder	\$60
The Able Label	 VELCRO Brand Fastening Shirt	The Able Label	-Velcro fasteners in place of buttons -Adjustable cuffs	\$62
No Limbits	 Adaptive Coral Sensory Blouse	No Limbits	-Seamless knit -Soft and supportive- can go braless -Super stretchy garment - V-neck for ease of getting head in/out	\$45

Men's Pullover Shirts

Brand	Item	Where to find	Features	Cost
Tommy Hilfiger	 Tommy Adaptive Classic T-shirt	Tommy Hilfiger	- Magnetic closures at shoulders designed to appear as traditional seams - Opens at neck to allow easier dressing	\$18
Tommy Hilfiger	 Heritage Long Sleeve T-shirt	Tommy Hilfiger	- Zip closure near neck/shoulder opens wide for easy dressing	\$36
JC Penney	 St. John's Bay Dexterity Soft Mens Crew Neck Short Sleeve	JC Penney	- Easy-on and Easy-off Adaptive T- shirt - Velcro closures at shoulder/neck area to allow head to get in/out more easily	\$10
Silverts	 Men's Open Back Adaptive Fleece Sweatshirt	Silverts	- Can put on with sleeves open in the front of body - Secured with snaps at the neck and down the back - Helpful for assisted dressing	\$35
Lands' End	 Men's Bedford Rib Quarter Zip Sweater	Lands' End	- 3 quarter zip allows larger opening for head when dressing/undressing - Zipper can be zipped up one handed	\$75

Women's Pullover Shirts

Brand	Item	Where to find	Features	Cost
Magnaready	 Adaptive Hooded Wrap	Magnaready	- Magnetic closures at the shoulders - Flowy fit - Hood with adjustable drawcord - Sensory friendly seams	\$45
Magnaready	 Adaptive Curved Hem Magnetic Tank	Magnaready	- Magnetic closures at the shoulders - Curved Hem - High Side slits for aesthetic detail and polished look on both ambulatory wearers and wheelchair users	\$25
Slick Chicks	 Accessible Hoodie	Slick Chicks	- Oversized fit - Dropped arm holes for easier routing of the arms through the sleeves - Magnetic zipper opening	\$75
JCPenney	 St. John's Bay V Neck	JCPenney	- V neck for more space for putting on shirt and taking off and for non-claustrophobic feel - Tag free and flat seams	\$7
The Able Label	 Short Sleeve Cotton Velcro Brand Fastening Tees	The Able Label	- Velcro closures in the front with the appearance of a t-shirt look - Arm holes have colors to line up the arms (lime for left and red for right)	\$83 (2 pack)

Other Tips for Shirts

Item	Link to find	Features	Cost
 Dressing Aid Rod Stick	Walmart	- Can be used to help grab shirt when dressing and undressing	\$10

Other General Tips for Shirts:

Choose roomy shirts and slippery or silky fabrics so they can easily slide	Put the affected arm in first when getting dressed	Remove the stronger arm first when undressing. Then slip out your affected arm.
Put the shirt on while sitting	V neck shirts may be easier to put on and take off versus regular shirts	Give yourself more time when putting on or taking off shirts
Button shirts before putting them on and put on overhead	Start buttoning from the bottom and work your way up	Replace buttons with Velcro
Leave shirts unbuttoned	Use a mirror for visual assistance	Magnetic buttons or snaps may be easier
Shirt cuffs: replace with Velcro or use a loop of elastic in the buttonhole	To undress, reverse the steps of putting on the shirt.	Make use of your teeth if necessary.

Belts

Brand	Item	Where to find	Features	Cost
Groove Belt	 Groove Belt	Groove Belt	- Adjust once, wear all day. - Snap-on ease with magnets	\$65
CHAOREN	 Ratchet Black & Latte Elastic Belt	Amazon	- Performance-driven elastic design ensures it retains its shape without deformation - Removable buckle to make the perfect belt size - Easy pull to tighten	\$23 (2 pack)
ARMYU	 Army Web Belt 100% Cotton Canvas with Slider Buckle	Amazon	- Webbed tightly and provides durable long-lasting quality - Adjustable by removing the buckle and cutting to any size needed - Over 16 colors to choose from	\$12
TourZOO Store	 Buckle Free Elastic Belt Invisible	Amazon	- Snap each end on the first and last belt loop - No show, invisible, quick, comfortable, no bulge	\$11
BearBottom	 Stretch Woven Belt	Bear Bottom Clothing	- This belt is both stretchy and adjustable for maximum comfort - Prong-buckle enclosure with no specific hole to place in - Can place prong in any area of the belt and eliminates the need to find the belt hole	\$40

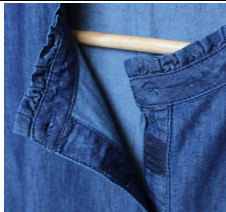
Other Tips for Belts

Item	Link to find	Features	Cost
 Leather Hole Puncher Tool for Belts	Amazon	- Adjusting a belt to make it smaller or bigger - Extra-large punch plate for better stability and more control when punching through material - Directions: Choose the size, rotate the wheel, align the belt and squeeze	\$17
 BeltBro Pro, non-buckle belt	Amazon	- No buckle fastener - Invisible/no show under clothing - Extremely easy to use and comfortable	\$16

Other General Tips for Belts:

Keep the belt in the pant loops if you plan to wear them again	Use a belt puncher to make more holes in belts	Use a mirror for visual assistance
Take your time	Magnetic belts are a great alternative to a prong	Leaning against a surface can help keep the belt in place as you loop it around you

Dresses and Skirts

Brand	Item	Where to find	Features	Cost
Silverts	 Adaptive Wrap Around Skirt	Silverts	- Terrific for limited hand dexterity - Allows for easy slip-on comfort - Secured with adjustable easy touch closures - Easily adjustable hook and loop (Velcro) closures	\$40
Tommy Hilfiger Adaptive	 Logo Stripe Fit and Flare Dress	Tommy Hilfiger	- Zip front closure opens wide to make dressing easier - Regular fit	\$100
IZ Adaptive	 Seated Print Wrap Dress	IZAdaptive	- Front fully opens with ties on each side making dressing, fit, and access easier - The back is longer, so when seated, it sits better	\$117
Magna Ready	 Frieda Essential Magnetic Button Front Day Dress	MagnaReady	- MagnaReady® patented magnetized closures down the front. - Magnetic buttons also secure the pockets.	\$69
The Able Label	 Amy Denim Tiered VELCRO® Brand Fastening Shirt Dress	The Able Label	- Center front VELCRO® brand fastening - Side pockets - Free alterations available	\$70

Other Tips for Dresses and Skirts

Item	Link to find	Features	Cost
 Magnetic Clothing Cinch Clips	Amazon	- Holds clothing up and out of the way - especially if clothing often gets caught in hook and hook (Velcro) on braces - Can be used for sleeves and hand washing, too	\$23 (2 pack)
 Zipper Helper Pull for Dresses	Amazon	- Great to use for hard-to-reach areas - Options for pull to stay on zipper for later or to slip away when zipped up	\$14

Other General Tips for Dresses and Skirts:

Choose skirts with elastic waist bands	Put the affected leg in first when getting dressed	Remove the stronger leg first when undressing. Then slip out your affected leg
Put the skirt on while sitting on the bed/chair	If there is a zipper on the back, do the zipper in front of you and slide the zipper around to the back or side	Use a mirror for visual assistance
Magnetic buttons or snaps may be easier.	Choose longer dresses and skirts, especially for wheelchair users	Look for skirts and dresses with more accessible location of fasteners (such as in front or on the side)

Outerwear Jackets

Brand	Item	Where to find	Features	Cost
Tommy Hilfiger Adaptive Women's	 Slim Fit Denim Jacket	Tommy Hilfiger	- Concealed magnetic closures at the front placket and cuffs appear as traditional buttons - Magnets are safety tested. If you have a pacemaker, consult your physician before using our products	\$110
VELCRO® Women's	 Pene Diamond Quilted VELCRO® Brand Fastening Coat	The Able Label	- Front Popper and VELCRO® brand fastening - Slippery lining making it easier to get on and off - Side and interior pockets	\$96
Magna Ready Unisex	 Adaptive Hooded MagZip™ Jacket	Magna Ready	- Center front MagZip™ zipper with ring pull for easier one-handed use - Adjustable hem with a draw-chord ensures this jacket fits just how you want it to - Elastic cuffs ensure sleeves stay in place when pushing a wheelchair or using a mobility aid	\$100
Tommy Hilfiger Adaptive Men's	 Chevron Hoodie	Tommy Hilfiger	- Magnetic zip closure with extended zipper pull to make dressing easier - Magnets are safety tested. If you have a pacemaker, consult your physician before using our products	\$170
Silverts Men's	 Magnetic Closure Sherpa Lined Shirt Jacket	Silverts	- Hidden magnetic front closure for ease of dressing - Pockets for storage - Relaxed silhouette fit	\$75

Other Tips for Jackets

Item	Link to find	Features	Cost
Poncho  Warm Wheelchair Cape for Women & Men with Hood	Silverts	- Ponchos eliminate the need for sleeves. - Still keeps your chest and core warm - Front zipper to waist for easy access - Has an attached hoodie to keep your head warm at all times - No arm sleeves for easy dressing	\$150
Vest  Women's Reversible Magnetic Snap Front Puffer Vest	Silverts	- Vests eliminate the need for hassling with sleeves - Still keeps your chest and core warm - Convenient magnetic front closure for ease of dressing. - Reverse lining that can be worn as either color for complete versatility - 2 handy side pockets on the interior and exterior	\$75

Other General Tips for Jackets:

It can sometimes be easier to leave the jacket unfastened if the weather permits	Put the affected arm in first when getting dressed or just leave one arm out of the sleeve	Remove the stronger arm first when undressing. Then slip out your affected arm
Wear no jacket at all and dress in layers	Can be helpful to put the hood on first, if there is one, to keep the jacket in place. Then, continue with placing your arm with less function first, followed by the other arm	Use a mirror for visual assistance
Replace fasteners with magnetic buttons, snaps, and/or MagnaZip	Using any typical poncho eliminates the need for arm holes and fasteners	Vests and ponchos eliminate the struggle of sleeves and provide useful pockets for storage

Women's Underwear

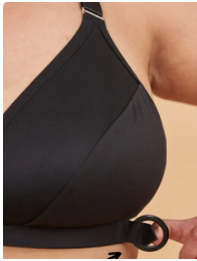
Brand	Item	Where to find	Features	Cost
PINK	 Adaptive Bikini Panty	PINK	- Magnetic side closures at hips for easy on and off - Sensory friendly fabric - Breathable	\$17
Amazon	 Easy Adaptive Briefs	Amazon	- Pack of 2 - Velcro side closures on both sides to make it easy to dress/undress - Comfortable elastic	\$30
Silverts	 Cotton Briefs	Silverts	- 3 pack cotton briefs - Comfortable and breathable - Elastic and stretchy	\$17
Skims	 Adaptive Brief	Skims	- Velcro closures at each side for added accessibility of dressing - Discrete bonding at closure lays flat against body	\$18
Walmart	 Incontinence Underwear	Walmart	- Washable incontinence underwear - Leakproof - High waisted - Seamless - Cool comfort helps keep you dry	\$3.50

Men's Underwear

Brand	Item	Where to find	Features	Cost
The Able Label	 Washable Men's Incontinence Underwear (Brief or Boxer)	Brief: The Able Label Boxer: The Able Label	- Sturdy elastic waistband - Built in absorbent pad for incontinence - Washable - Functional fly opening	\$24
Undercare	 Undercare Men's Brief	Undercare	- Easy Velcro Closure tabs - Can peel apart and get off quickly - Put on standing, sitting, or lying down without putting feet and legs through leg openings - Once on you can pull up and down in one connected piece or you can pull off the front panel for easy access and toileting.	\$28
Silverts	 Open Front Underwear	Silverts	-Great for incontinence -Velcro closures along front panel -Absorbent layer providing dryness and comfort -Ideal for adaptive and assisted dressing	\$46 (3 pack)
Walmart	 Full Open Adhesive Briefs	Walmart	- Soft with Velcro adhesives on both sides - Easy on and off	\$9

Bras

Brand	Item	Where to find	Features	Cost
Liberare	 Liberare Everyday Easy-On Bra	Liberare	- Easy on bras with magnetic front closure - Has finger loops to assist with putting on and taking off	\$64
Liberare	 Liberare Wrap Bralette	Liberare	- Front closure bra - Wirefree with adjustable Velcro - Assistive dressing loop	\$36
PINK	 PINK Adaptive Wear Everywhere Wireless Front-Close Bra	PINK	- Magnetic front closure - Front adjusters - Sensory friendly fabric - Wireless	\$37
Bra Genie	 Pour Moi Energy Zip Front Sports Bra	Bra Genie	- Front Zip closure - Wireless - Converts to racerback	\$27

Springrose	 Easy-On Mobility Bra	Springrose	- Wireless Front closure - Velcro - Optional O-ring - Front adjusting straps	\$74
Silverts	 Silverts Front Closure Adaptive	Silverts	- Velcro and clasp closure - Finger loops to assist - Wireless	\$29
The Able Label	 Front Velcro Brand Fastening Comfi Bra	The Able Label	- Front Velcro closure - Wireless	\$39
Silverts	 Silverts Adaptive Front Snap Closure Bra	Silverts	- Underwire Free -Front snap closure -Wide straps -No tags	\$20
Slick Chicks	 Wireless Zip Front Bra	Slick Chicks	-Wireless -Front zip for easy on and off -Adjustable straps that can be adjusted in the front	\$50

Other Tips for Bras

Item	Link to find	Features	Cost
Buckingham Bra Angel Dressing Aid 	Buckingham Healthcare	-Allows you to put on bra using just one hand -The device holds one end of the bra while you bring the other end around your body to secure the hooks and eyes -Soft chin pad helps you keep the device in position to allow you to fasten	\$25
 Noel & Co Strap Tamers	Amazon	--Prevents bra strap from falling down over the shoulder -Pin inside shoulder seam with clip and Slip bra strap into the clip	\$14
 Game Changer Lift and Shape Bra (Adhesives)	Nood	-Adhesive -Breathable fabric that is sweatproof and waterproof -Comes with 4 one-time use pairs	\$49
 Maidenform Three-Hook Bra Extender	Amazon	-Allows the bra to be slightly bigger and have more slack -Some extenders may have contrasted hook and eye on the fabric, so they are more visible (i.e. white on black fabric)	\$8

Other General Tips for Underwear:

Wear a pad or adult diaper for incontinence	Wear leakproof absorbent underwear	Wear no underwear to avoid having to put on/take off
Wear comfortable elastic	Wear breathable underwear	Boxers can be easier for men to use for peeing to avoid having to pull pants down
Boxers may be easier to pull and take off over briefs	Wear seamless underwear to avoid unnecessary pressures when sitting	Silky materials may make it easier to put pants on

Other General Tips for Bras:

Fasten bra beforehand and put on overhead	Wear a camisole or a fastener free bra so it can be put on overhead or by stepping into it	Fasten bra in front of you then slide it around to the back
Wear bras with fasteners in the front for easier access	Adjust straps prior to putting on	Don't wear a bra
Avoid underwire for comfort	Get fitted for a proper bra	Find bras with Velcro instead of hook and eye

MISCELLANEOUS

Product	Link to find	Features	Cost
 Blue Diagonal Stripes Magnetic Bow Tie	BroBow	- Magnetic bow - Comes in many sizes - Eliminates need for tying a bow	\$36
 Black Silk - Breakaway Set- Tie	Modern Tie	- Directions: Slide knot over shirt's top button, and insert any Modern Tie - Magnetic closure - No need to re-tie the tie - Comes in different styles, colors, and sizes.	\$40
 Thumbless Mittens	Gramma's Baby Stuff	- Insulated Mittens - Custom fit - Velcro or elastic wrist band - Many colors available - Easier to put on since it goes completely over the hand and therefore you do not have to put each finger in like traditional gloves	\$24
 Hepburn Strip O-ring Maillot	WoWease	- Magnetic bottom closure makes it easy to get in and out of the swimsuit	\$95

 Double Hematite Magnetic Therapy Bracelet	Magnet Jewelry Store	- Magnetic closure - Strong strings and beads - Custom made orders - Eliminates need to clasp jewelry the traditional way	\$45
 Powerful Silver Titanium Magnetic Therapy Necklace	MagnetRX	- Options for men and women - Many colors and styles are available - Medical-grade titanium makes it light-weight, extra durable, and 100% hypoallergenic - Magnetic closure eliminates need to clasp jewelry the traditional way	\$80
 9 Pairs Magnetic Stud Earrings	Amazon	- Magnetic earrings that eliminate need to clasp jewelry the traditional way - Easy on and off - Come in many different styles and colors	\$14
 Magnetic Jewelry Clasps	Amazon	- No Tool Assembly Needed - Easily convert all necklaces and bracelets into magnetic jewelry - Non-tarnish	\$8 (6-pack)

FASTENERS: PRODUCTS AND TIPS

BUTTONS



Use the button aid to assist. A bobby pin can also be utilized to assist  Amazon \$10	Use a safety pin if the buttons slip out easily or use a safety pin as a button in the hard-to-reach areas	Pre-button shirt before dressing and pull over head
Replace buttons with slighter larger buttons	Put a pencil or pen through the hole to loosen it and widen the hole to make it more accessible	Replace buttons with magnetic buttons
Use a mirror for visual assistance and making sure the buttons are aligned	Replace buttons with colors that are easier to see and contrast with the fabric.	Replace buttons with Velcro fasteners and buttons can still appear as part of the garment

ZIPPERS



If the zipper is stiff, you can use some zipper wax for an easier glide  Zipper Lubrication Stick Amazon \$8	Put a paperclip or key ring on the zipper so you can hook a finger or pinch the zipper easily  Zipper Pull Replacement Amazon \$5	Replace zipper with MagnaZip  Round Base MagZip Ankhgear \$8
A dressing stick can be used to hook into zip rings that are difficult to reach	Use the hook on the button/zipper tool for assistance in grabbing the zipper	Leaning against a table to keep the zipper and fabric taught
Leave the zipper unzipped and bundle up	Use teeth to carefully help pull the zipper up	Opt for bigger zippers for easier handling

VELCRO (HOOK AND LOOP)



Use a tool to clean the Velcro out when it doesn't stay fastened.  Mini Wire Brush Set Amazon \$6 for 3 pack	Replace difficult fasteners with Velcro.  Sew on Hook and Loop Tape Amazon \$14	On braces, keep Velcro together as much as possible to prevent break down
Replace Velcro when needed	Add an extra tab on the Velcro to easily grab to fasten and unfasten Velcro	Avoid unwanted engagement, or damage to the weave

BUCKLES



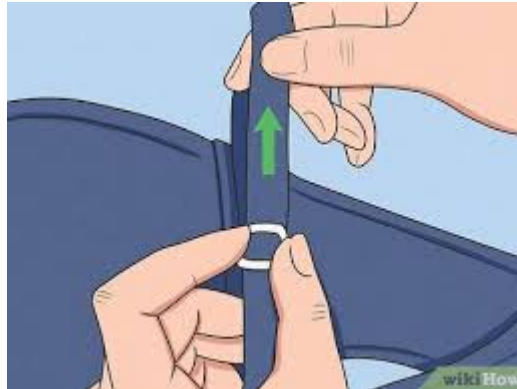
Keep the belt in the pant loops if you plan to wear them again	Replace with a magnetic belt	Be careful to not pinch your hand in the buckle
Lean against a surface to help fasten the belt buckle	If placing the prong in the hole is difficult, opt for a woven belt	Use a non-buckle belt

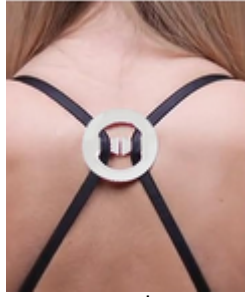
SNAPS

Magnetic snaps may be easier to use than regular snaps	Feel the snap parts with your hand to help line it up	Push the snap into your body or use your thumb behind the snap to push against
Use a mirror for visual feedback to help align the snaps	When taking a snap apart use the additional fabric to help pull it apart	Plastic snaps are lighter weight, x-ray safe, and will never rust
Metal snaps are heavier and some people may have allergies toward certain materials	Be careful not to push the snap too hard into bony areas because it could hurt	Snaps are less likely to break as fasteners versus buttons and zippers

HOOK AND EYE

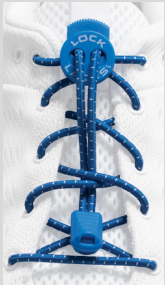
Try to do the fastening and unfastening in front of you so you can see it (ie use front fastening bras, rotate the bra once you fastened, or step in/out of it when fastened)	If only one hand is available for use, try to utilize the palm/fist to help hold fabric in place while fastening	Be patient when attempting to fasten and unfasten
Try to find hook and eye fasteners that are different color from the fabric so you can see them more clearly	If there are several hook and eye fasteners, only do 1 or 2 versus all of them	On the bra, the first settings are typically used when the bra is new. The Second and third setting are to be used as the bra stretches

ADJUSTERS

Try to adjust the item in front of you prior to wearing it (such as bra or suspenders) Attach suspenders to trousers before putting them on	Look for bra adjusters that are in the front of the bra versus the back for easier adjusting when the item is on	If only able to use one hand, you may need to lean the weight of the hand/arm on the fabric to help manipulate the adjuster clip.
You may find that your teeth may be helpful with adjusting the clip	You may need to tape the adjuster clip in place to prevent it from slipping. Especially if the fabric is losing its elasticity	Use a bra converting clip to keep straps in place without adjusting  Amazon \$7

LACES



Elastic laces enable some shoes to be slipped on and off without tying and untying	A lace lock can be used as a lace securing and tightening device	Flat laces may be easier to tie and remain tied versus round laces
Bright colorful laces may also be easier to see	Replace thin shoelaces with soft, wide laces that are easier to grip	Use tweezers to grip laces when pulling them out through the eyelets
Don't require lacing: Zubits Magnetic Shoe Closures \$15-23 	Don't require lacing: Hickies \$18 	Don't require lacing: Lock Laces, \$20 

Clasps

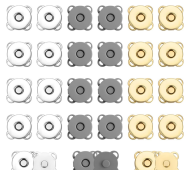


Use a mirror for visual feedback when attempting to clasp	Try to bring the hook over with one hand and feel for the bar with your pointer finger (attempting to do one handed versus with two)	If a button is available, use that instead and leave the clasp. Or if it is buttoned it may be easier to use the clasp afterwards
Use a paperclip or bobby pin to possibly help clasp together	Add stick on velcro to the garment to use instead of clasping	Keep the clasp unfastened as long as the garment stays on

MAGNETS

Consult your physician if you have any metal, pacemaker or defibrillator.	Avoid getting close to other magnetic items so that other things don't attach to the clothing magnet	Ask a tailor or seamstress to replace buttons and and clasps with magnets
Close magnetic fasteners before washing	Air dry the clothing item (no electric drying)	Ensure the magnets are strong enough to hold the garment securely but not too strong to make unfastening difficult

Adapting Clothing Fasteners (Possibly on your own or through a tailor/seamstress)

Fastener type	Where to find	Uses	Cost
 Magnetic Buttons	Amazon	- These can be used in place of traditional buttons - Place the magnets over each other to fasten	\$9 (30 pack)
 Round Base MagZip	AnkhGear	- These can be used instead of traditional zippers - The magnets provide attachment at the bottom for ease of fastening - Makes one-handed zipping easier	\$8
 Sew on Hook and Loop (Velcro)	Amazon	- Velcro can be used instead of buttons or clasps or hook and eye etc. - Easily fasten clothing items with the use of Velcro - Velcro can be placed in discrete areas so that it is not seen (i.e. still have faux buttons)	\$14
 Magnetic Quick-Release Buckle Replacement	Amazon	- This can be used in place of traditional belt buckles. - The magnets allow for quick fastening - Pull tab for quick release of the buckle	\$17 (2-pack)
 Sew-on Snap Buttons	Amazon	- Can be used in place of traditional buttons to help provide ease of closure of clothing fasteners - May be able to do one-handed	\$13 (55 sets)
 Non-tie Laces	Hickies Zubits Lock Laces	- Can be used in place of traditional laces - No need to hassle with tying laces - Slip on shoes when wanting to wear	\$18-20