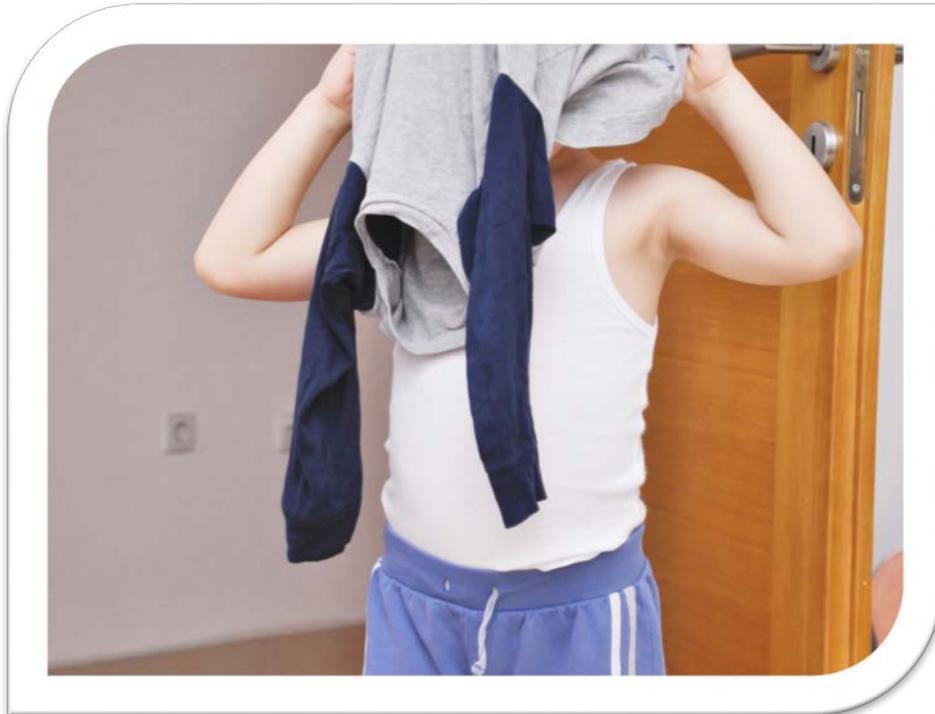


## AT AIDS FOR DRESSING

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Putting on your clothes for that first date, job interview, or even to lounge around the house may be challenging if you are among the [7.5 million people](#) age 18 and older who have difficulty dressing (or bathing). Fortunately, a wide variety of assistive technology (AT) products are available that may help you dress if you have limited upper and/or lower mobility. This guide provides you with a sampling of such products available on the market.

### Button and Zipper Aids

Button hooks and zipper aids may be useful if you have limited upper-body mobility. Button aids are handheld dressing tools designed to help you button up your buttons. They are handles with curved wire hooks. You slip the wire hook through a button hole, wrap a button with the hook, and pull the button back through the button hole using the handle. An example of this is the [Supergrip Button Hook](#). Some button hooks like the [Sure Hand Button Hook / Zipper Aid \(Model A9231\)](#) also have a smaller curved wire, called a zipper pull, at the other end of the handle to assist you with zippers. You wrap

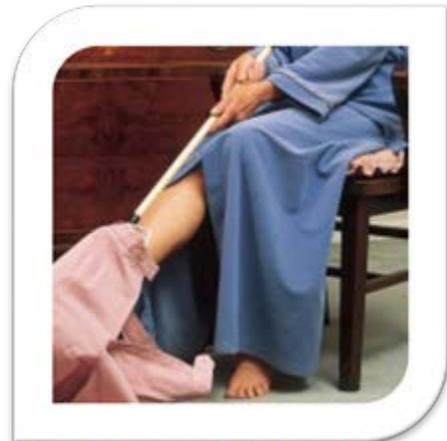


*Sure Hand Button Hook / Zipper Aid (Model A9231)*

these hooks through a zipper pull and pull the handle up to zip the zipper. [View more button and zipper aids here.](#)

## Dressing Sticks

Dressing sticks are designed to assist you with putting on clothes without raising your legs or excessive bending. They may be helpful if you have limited lower-body mobility or trunk balance. One example is the [Dressing Stick, Model DA-5201](#), a smooth wooden 27" shaft with a large plastic coated "C" hook at one end to pull your clothing on and an "S" hook at the other end designed to help you remove your clothing. For example, you could put the C hook in a loop of your pants to pull them up your legs and use the S hook between your waist and the waistband of your pants to push them down your legs. There are many ways to use the two different hooks, so you may want to experiment to find what works best for you. Another example is the [Lower Extremity Dressing Kit \(Models Nc28575, Nc28576, & Nc28628\)](#). The Nc28575 model is 27-inches. The Nc28576 model is 18-inches and the Nc28628 model is 27.5-inches in case you need a shorter or longer dressing stick depending on how far you can reach and/or the length of your body. [View more dressing sticks here.](#)



*Deluxe Dressing Stick (Models Nc28575, Nc28576, & Nc28628)*

## Stocking and Sock Aids



*Norco English Pantyhose Aid (Model Nc28662)*

Stocking and sock aids may assist you in putting on your socks or stockings such as pantyhose and tights if you have limited lower-body mobility. One example of a stocking aid is the [Norco English Pantyhose Aid \(Model Nc28662\)](#). These double stocking troughs are formed of lightweight, flexible plastic and feature side indentations to hook your stockings on. Then you pull your stockings up your legs by using your hands to pull two cotton straps that are connected to the troughs. An example of a

sock-donning device is the [Sock Horse](#). It consists primarily of a plastic stick with two rubber grips on one end to help you pull the sock over your heel and up your calf, and an ergonomic contoured handle on the other end to help you maintain a firm grasp on the sock aid. [View more stocking and sock aids here.](#)



*Sock Horse*

## Shoe Aids

There are several different types of adapted shoe aids that allow you to lace up and put on or pull off your shoes. Here are a few on the market that you may find helpful.

### Elastic Shoe Laces

Elastic shoe laces are designed so you can lace and tie them up only once so you can slip your shoes on and off without tying and untying again. They may be useful if you have limited upper- or lower-body mobility limitations—or both. One example is the [OldKook's Super Shoe Laces](#), which fit shoes with three to five eyelets. Another example is [Spyrolaces](#). Once you thread these laces through the eyelets of your shoes there is no need to tie them. You just pull on the ends of the laces and release to tighten your shoes around your feet.



### Lacing Aids

Lacing aids may also be helpful in tying your shoes if you have a limited upper mobility. One example is the [Flip Lacer](#). It is a device you tie into your shoe laces. Once you tie it in, you can use its “locking” mechanism to lock (tighten) or unlock (untighten) your shoe laces. [View more detailed instructions](#) on how to use the Flip Lacer. Another similar option is [Zubits](#). It comprises two magnets that you tie into your shoe laces – one on each side of your shoe. Once installed, you use your hands to connect the magnets to one another to “lock” your laces and secure your shoe on your foot. When you are ready to take off your shoe, you use your hands to separate the magnets to unlock your laces. [View video instructions](#) for more details on how to use Zubits.



### Shoehorns

You may find adapted shoehorns to be helpful in getting your shoes on your feet if you have a limited lower mobility. These are simple curved devices. You use the curved-out end of shoehorns to hold your shoe open and the curved-in end to slide your heel and foot into the shoe. One example is the [Healthsmart Adjustable Telescoping Shoe Horn](#). It is a long-handled shoehorn that helps you guide your foot into your shoe without bending. Another example is [Dressez](#). It is a combination long-handled shoehorn with a built-up handle and dressing stick.

### Shoe Removers

Once your shoes are on, you will need to get them off at some point. Shoe removers may be helpful if you have a lower-body mobility disability. One example is the [Shoe & Boot Valet](#). It has a molded nylon handle, an aluminum shaft, and a rubber-lined, one-size-fits-all bootjack

gripper that holds the heel or toe of your shoe as you slip your foot out. A similar shoe remover is the [Shoe Remover, model 16D015A](#). It works the same way as the Shoe & Boot Valet, but it is made of wear-resistant plastic.

[View more shoe aids here.](#)

## For More Information

[Contact us](#) at AbleData for information on these and other AT products that may help you dress more independently.



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