

Pilot Scheme on Training for Foreign Domestic Helpers in Elderly Care Caring for elderly persons suffering from stroke - dressing and undressing techniques

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The dressing and undressing techniques in caring for elderly persons suffering from stroke demonstrated in this film serve as general reference and are for educational purposes. They may not be applicable under every situation. Please consult health care professionals in case of doubt over the applicability of the skills under specific situations.

Caring for elderly persons suffering from stroke - dressing and undressing techniques

Due to brain damages from stroke
some elderly persons may suffer from temporary or permanent impairment in mobility
which will affect their self-care ability

Caring for elderly persons suffering from stroke – putting on pull-over

We are going to introduce some techniques in assisting
elderly persons suffering from stroke to dress and undress

Caring for elderly persons suffering from stroke - putting on pull-over
First will be the procedures to help elderly persons suffering from stroke to put the top on
Let the elderly person sit stably on bed or a chair
The carer should sit on the weak side of the elderly person
If the elderly person needs to put on a pull-over
slide the sleeve on the affected side first
then put the sleeve on the unaffected side.
Pull the top over the head
and pull the top down
Adjust the front and the back of the top

Caring for elderly persons suffering from stroke - taking off pull-over

The following is the suggested procedures for taking off a pull-over
When removing a pull-over
slide it over the head first
then take off the sleeve on the unaffected side
And lastly, take off the sleeve on the affected side

Caring for elderly persons suffering from stroke – putting on clothes with front opening

We are going to introduce the techniques of putting on and taking off garments with front
opening for elderly persons suffering from stroke
Caring for elderly persons suffering from stroke - putting on clothes with front opening

First will be the procedures to put on garment with front opening
Slide the sleeve onto the affected side first
Next, hold the collar with hand
Then pull the garment across the back to the unaffected side and put on the sleeve
Adjust the garment
Lastly, button up

Caring for elderly persons suffering from stroke - taking off clothes with front opening

The following is the suggested procedures for taking off garment with front opening.
Unbutton the garment.
Take off the sleeve on the unaffected side first
Pull the garment across the back to the affected side
the garment could then be taken off

Caring for elderly persons suffering from stroke - putting on pants

First is the procedure for putting on pants
Let the elderly person sit on bed or a chair
Slide the pants onto the affected leg
then the unaffected leg
Adjust the pants
Let the elderly person stand up with the support from a piece of firm furniture
Then pull the pants to the waistline
Adjust the waist tie

Caring for elderly persons suffering from stroke - taking off pants

The following is the suggested procedure for taking off pants
Unloosen the waist tie first
Let the elderly person stand up with the support from a piece of firm furniture.
Pull the pants down to the thighs.
Let the elderly person sit down with the support from a piece of firm furniture.
Take the pants off from the unaffected leg first
then the affected leg

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