

# Assistive Devices for Daily Living



## Dressing



**“Dressing”** With the help of different dressing aids or adaptive clothing, elders with physical limitations due to stroke, Parkinson’s disease, joint pain or limited hand function can dress and undress more independently.

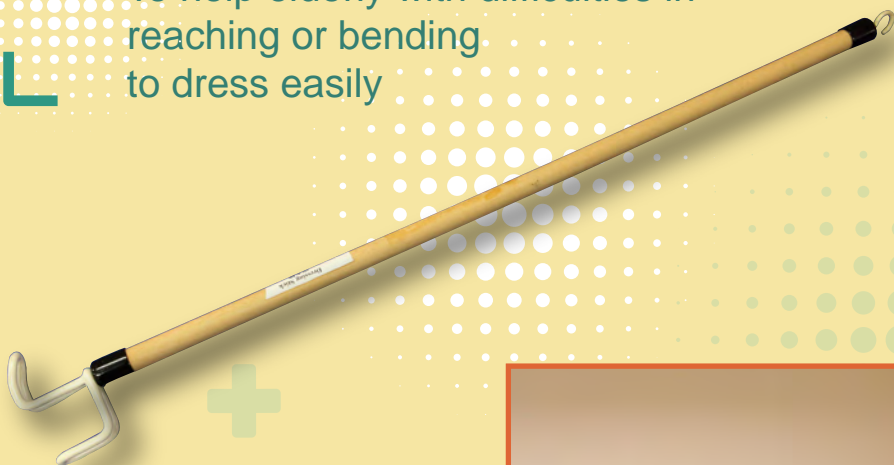
Advantages of using assistive devices for dressing :

1. Improve independence in daily living
2. Build up confidence and improve life satisfaction
3. Reduce dependence on others
4. Reduce carer burden



# Dressing stick

To help elderly with difficulties in reaching or bending to dress easily



## Zipper pull

To help elderly with impaired hand function to zip up easily



## Shoe horn

To help elderly with bending difficulties to put on footwear



## Stocking aid

To help elderly with bending difficulties to put on socks.



# Adaptive clothing

Adapt clothing with designs such as using Velcro fastening down one side to help elderly (with or without carers' assistance) to put on/take off their clothes easily. It also facilitates nursing procedures to be carried out easily.



**Velcro fastening**



## Elastic shoelaces

Makes it easier for elderly with impaired hand function to put on their shoes



# TIPS ON BUYING ASSISTIVE DEVICES FOR THE ELDERLY



- ▶ Check if there are any alternative methods to help the elderly to dress before choosing any assistive devices. For example, slip-on shoes, front opening garments etc.
- ▶ Choose appropriate devices according to the physical condition, abilities and needs of elderly and match with their living environment.
- ▶ Encourage elderly to take part in choosing the assistive devices. Try the device before buying if possible.
- ▶ Ask other users about their experiences and comments on the devices.
- ▶ Read the users' instructions or packing information to learn about the use, care and maintenance of the devices. Do not rush into buying the product if the information is inadequate or too complicated. Take your time to find out more about the device before purchase.
- ▶ Consider purchasing from suppliers with good reputation.

## Where to buy assistive devices?

They are available in retail stores for home living or rehabilitation products. Clothing adaptation could be done in local tailor shops. If assistance is required, consult your family doctor or occupational therapists.

Elderly Health Service, Department of Health  
Website : [www.elderly.gov.hk](http://www.elderly.gov.hk)  
Elderly Health Infoline : 2121 8080

