

Adaptive Clothing

There are a few simple ideas that can be used to adapt existing clothing to make them easier to use for an individual with ALS.

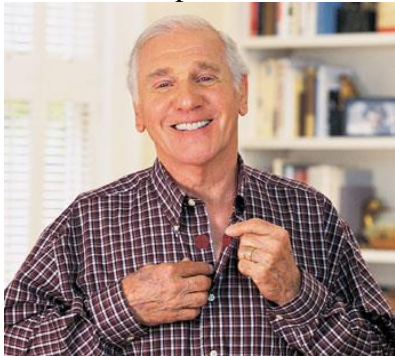
- For women, skirts or dresses will make it easier to go to the bathroom. But, if you prefer to wear pants, you can have the side seam adapted with Velcro, zipper, or snap closure to make them easier to take on/off. For example:



- There are pants that are specially designed for those who spend a majority of time sitting. They have extra room in the back that helps the pants to not cut along the front.
- For some, it may be difficult to operate zippers and/or buttons. Pants, boxer shorts, and other items of clothing can be adapted to have a Velcro closure as shown below:



- Another idea is to have button down shirts adapted so that it is held closed with Velcro only:



- In the underwear department, front closing braizers are a good option for women. Also, loose fitting underwear, or underwear that is adapted with Velcro, a zipper, or snap side seams is a good idea. For men, wearing one size larger briefs or boxer shorts can make going to the bathroom easier.
-

Adaptive Clothing - Continued

- If you have a family member that sews, this is your chance to get them involved! Look at websites to get ideas, and then have your family member adapt existing clothing. This can be a very nice way for someone to help you out.
- There are several devices to help with putting on jewelry. Magnetic clasps can replace regular necklace or bracelet clasps. Look for items designed for arthritis patients for easy to use products. A lot of items can be found in the medical aisle of large drug store chains.

A web search for “adaptive clothing” will result in a host of websites.

Here are a few specific resources:

- Adaptive Clothing Showroom – www.adaptiveclothingshowroom.com
 - American Health Care Apparel – www.clothesforseniors.com
 - Easy Access Clothing – www.easyaccessclothing.com
 - Buck and Buck – www.buckandbuck.com
 - Resident Shoppers Service – www.shoppersservice.com
 - Wardrobe Wagon – www.wardrobewagon.com
-