



Dressing Tip Sheets

1. Make sure appropriate and seasonal selections are available for the resident.
2. Have the resident help with dressing, using a slow, step-by-step approach.
3. Simple comfortable clothing, in line with their personal preferences , will be the best choice for resident attire.
4. Make sure clothing is clean, undamaged and unwrinkled. Alert family immediately to damaged or lost clothing.
5. Minimize buttons, zippers, fasteners in order to assist the resident in dressing and undressing themselves.
6. For residents who wear the closest items available remove their worn clothing items daily and replace with one outfit.
7. Fewer selections in their closet make the resident less overwhelmed with making a selection.
8. Laying out clothing daily limits anxiety, allows the resident to remain in control of their dressing.
9. Hand the resident an item at a time, name the item and remind them where and how it fits on their body.
10. If the same outfit is chosen all the time, then have family purchase this same ensemble for repeated wearings.

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