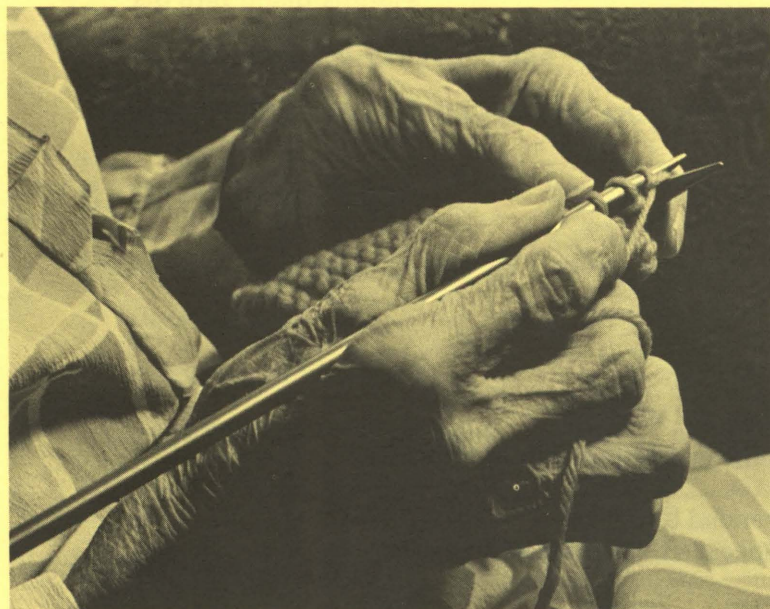
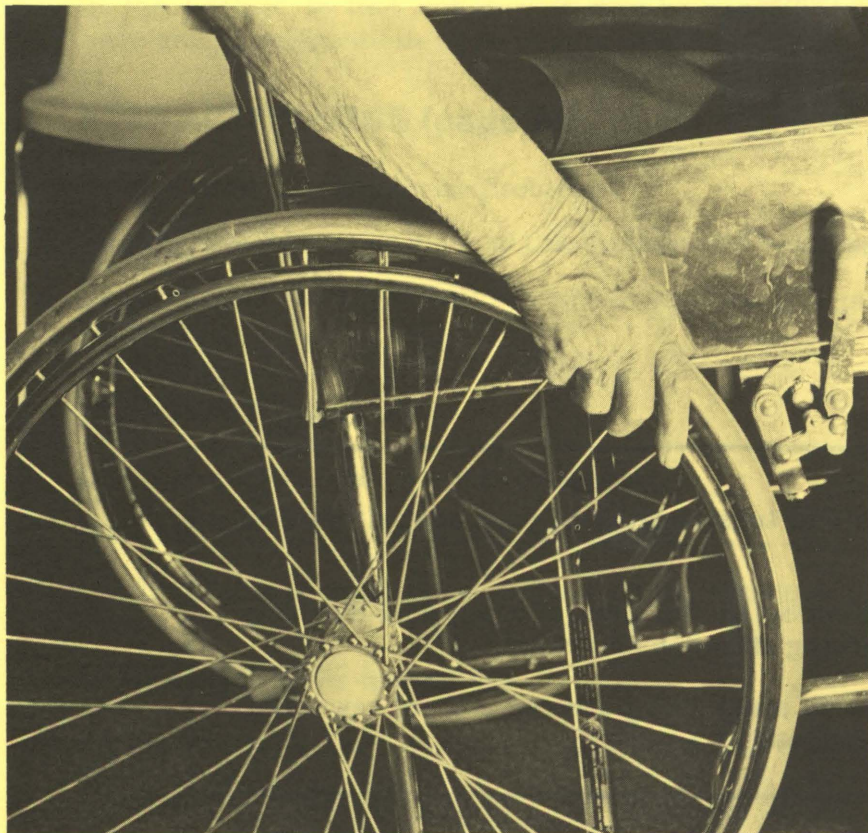


CLOTHES



**TO FIT
YOUR
NEEDS**

(for the physically limited)

LD
5655
A762
No. 346-664
VPI
Spec

- If your clothing binds, pulls and tugs because of your special physical needs. . .
- or if your clothes draw attention to the area of a physical disability instead of disguising it or drawing attention elsewhere. . .
- the guidelines here may help to make being dressed a more rewarding and comfortable experience for you.

Prepared by
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Start With the Clothes You Have

Take a look at each item in your present wardrobe with the aid of this check sheet. Then look over your answers to see what areas are in need of improvement. Check the same section in the booklet to find out how it may be possible to make changes in clothing you already have and for suggestions when buying new clothes.

ATTRACTIVENESS (page 2)

	yes	no
Do my clothes conceal figure problems?	_____	_____
Do my clothes cover as much of the equipment I wear as possible?	_____	_____
Do my clothes attract attention to the most attractive parts of my body?	_____	_____

COMFORT (page 4)

Do my clothes restrain my movements?	_____	_____
If so, where is the clothing tight or pulling? _____		

(Try going through the motions of all the activities you do during the day.)

CONVENIENCE (page 9)

As I try to put on and take off each garment, I find it difficult to:

fasten or unfasten buttons	_____	_____
zip and unzip zippers	_____	_____
put the garment over my head	_____	_____
slip my arms into a front opening garment	_____	_____

SAFETY (page 12)

Do my clothes get in my way as I move about?	_____	_____
pant legs too wide	_____	_____
skirt length awkward	_____	_____
skirt width too full or tight	_____	_____
other _____		

CARE (page 13)

Are my clothes easy to care for?	_____	_____
Do certain areas of the garment wear out faster than the rest of the garment?	_____	_____
If so, where are these areas? _____		

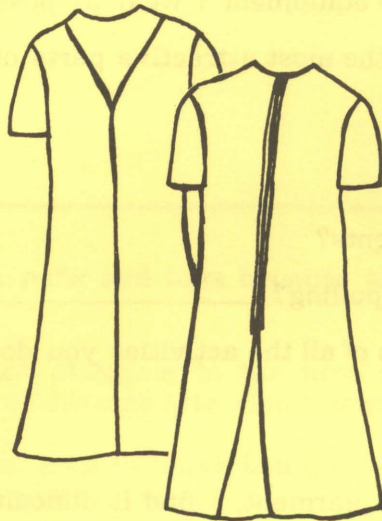
Attractiveness

Use clothing to bring out the most attractive you. Choose colors, designs and styles that help you express your personality. Dressing attractively can mean an uplifted spirit. Select clothes to highlight your positive points and disguise those features you don't wish to show.

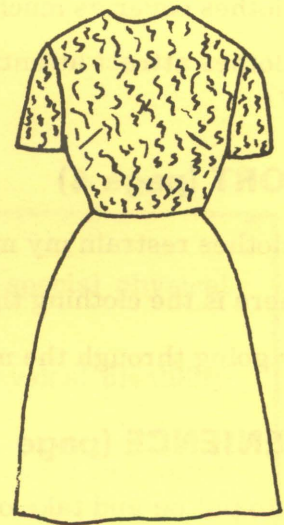
- Use color, lines and pattern in clothing to draw attention to positive features and away from others.



Bright colors attract the eye and will call attention to the areas where they are used.



Lines in garments can draw emphasis. Here the eye is drawn to the face (left) and the legs (right).



The eye is directed first to patterned fabric.

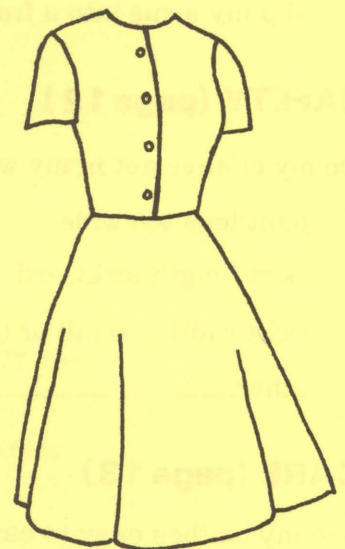
- Choose styles to conceal or highlight certain personal features.



A boxy jacket can hide waistline and hip irregularities or back braces.



Sweaters or skirts worn over pants can hide irregularities of torso and arm.



Fullness in a skirt can cover hipline irregularities.



Raised or lowered waistlines allow for fullness where needed. ↑ →



An unfitted dress can create an imaginary figure outline.



Extra fullness in front and back yoke areas can conceal some irregularities.



An elastic gathered waistline creates fullness to hide irregularities and keep the waistline in position.



Pant suits take the attention away from the legs. Wider pant legs conceal leg bags.

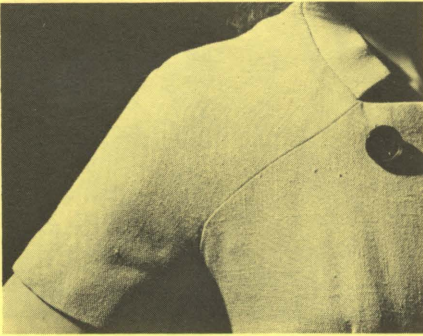


A long skirt gives a graceful appearance and is concealing.

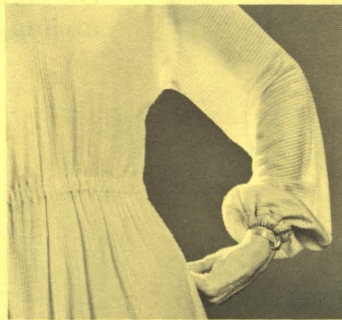
Comfort

You can look good in your clothes and still be uncomfortable. Here are some pointers to make moving about easier.

Problem 1 — CLOTHING BINDS OR FEELS TIGHT WHEN MOVING ABOUT



Select raglan or loose sleeves that will slide up easily.



Clothes you now have

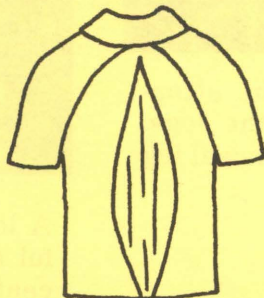
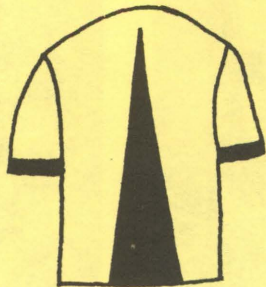
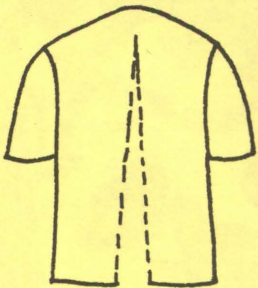
Let out seams where possible.

Future choices

Choose from these features:

1. Raglan or kimono sleeves.
2. Pants or pant skirts.
3. Waistline loosely in place with elastic.
4. Collars, cuffs and necklines large enough for comfort.
5. Two-piece outfits for better fit.
6. Knit or stretch fabrics.

Problem 2 — GARMENT IS TIGHT ACROSS SHOULDERS



Clothes you now have

Create an action-type back by cutting up the center back and inserting a pie-shaped piece of coordinated fabric.

Use that same fabric somewhere else on the garment to tie the look together—cuffs, collar, tie belt or decorative bow.

Future choices

Use knit or stretch fabric.

Choose action-type back with pleats for extra room.

Problem 3—BLOUSE OR SHIRT COMES OUT OF SLACKS OR SKIRT

Clothes you now have

Three possible solutions are:

1. Add fabric to length.
2. Finish edge and wear outside.
3. Remake into body shirt.



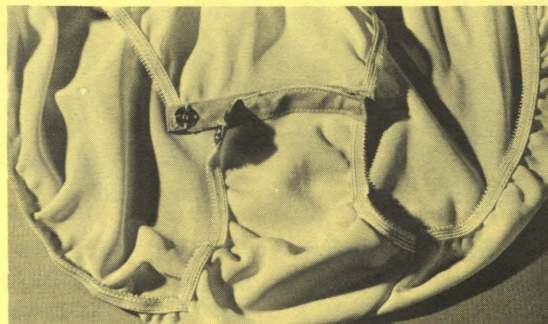
Sew pants to blouse bottom.

Future choices

Choose one-piece outfits with no defined waistline or with an elastic-gathered waistline. (See top of page 3.)

Choose shirts with long tails or body shirts.

Choose tops that can be worn over slacks or skirts.



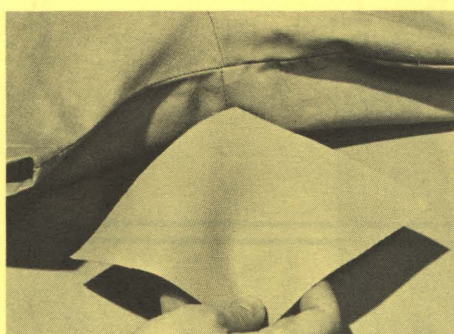
Add tape with snaps at crotch.

Problem 4—GARMENT PULLS UP AND IS UNCOMFORTABLE WHEN WALKING WITH CRUTCHES

Clothes you now have

Make short sleeves out of long sleeves.

Make a gusset under the arm for extra room:



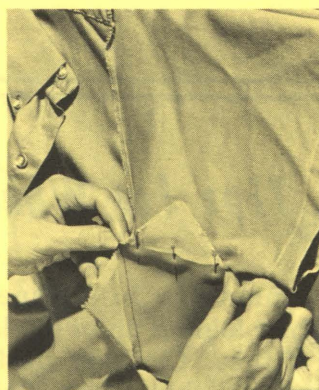
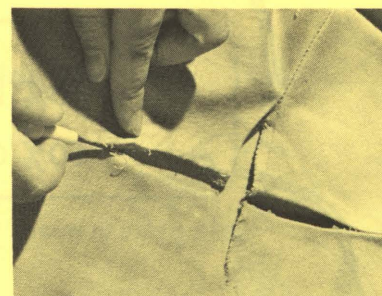
Cut fabric approximately 4 inches by 6 inches (depending on size of the garment).

Future choices

Select dress or blouse with gussets under arms.

Select short or three-quarter length sleeves.

Take out both underarm seams.



Insert fabric by stitching each side in position as shown.

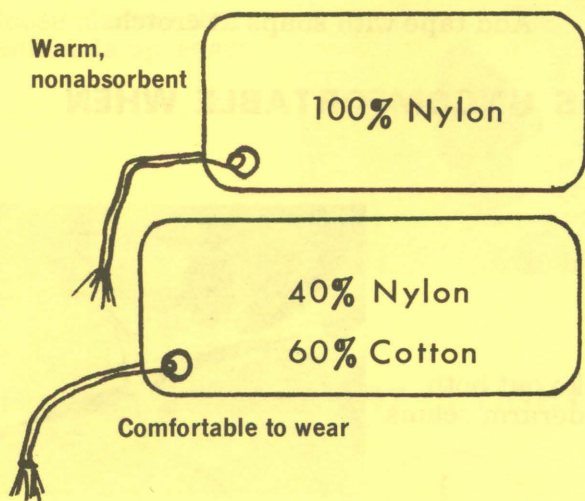


Finished gusset.

Problem 5—FABRIC CAUSES SKIN IRRITATION FROM RUBBING



In the underarm area for persons with crutches, the reinforcement might look like this.



Clothes you now have

Reinforce those areas with a soft, absorbent fabric next to the skin. Velour, a soft-cut stretch terrycloth fabric, or several layers of soft cotton flannel work well.

Future choices

Select soft and absorbent fabrics. Cotton and rayon are absorbent fibers. A blend using cotton or rayon will be more absorbent than an all manmade fiber, such as polyester or nylon.

Tips for Wheelchair Comfort

Feeling comfortable in a wheelchair may mean clothing designed to have less fabric folding up in the lap and more in the back to fit around the seated figure. Clothing patterns and ready-made clothes can be altered to achieve this effect. The measurements of the person who will be wearing these clothes must be taken while he or she is sitting.

On the following two pages are ideas for altering clothing patterns and ready-made clothes.

New Design for a Robe



A two-piece robe designed as this one is can be easier for a person in a wheelchair to take on and off than a one-piece. It is also more attractive to wear since there is no extra fabric bunched up in front. This robe was styled for women, but its design could be adapted for men.

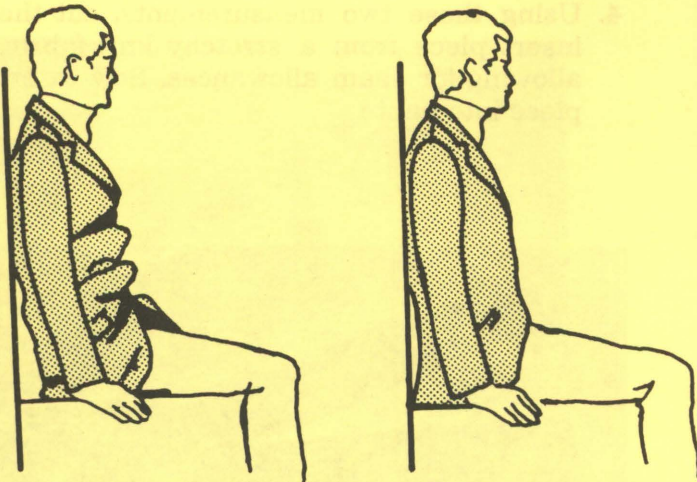


The top is shaped to fit around the lap. The design provides a shorter front and longer back to accommodate the seated figure. Velcro closures make fastening the robe easier. This robe is constructed to be reversible.



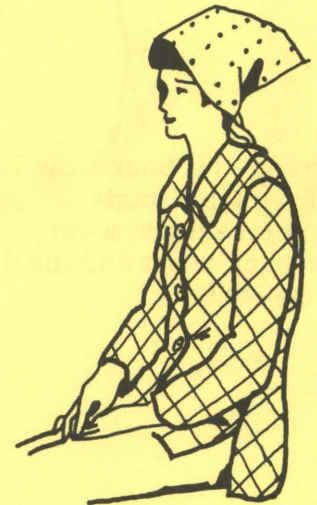
The bottom can be easily slipped on while the person is seated. Fabric is needed only in front and on the sides since the top of the robe covers the back adequately. Velcro closures are sewn at both sides.

A More Attractive Sportcoat



The same idea of eliminating extra fabric in front applies to a sportcoat. Here a half-circle of fabric was cut from the front so the sportcoat would fit comfortably around the legs. The back length was adjusted to be even with the chair seat.

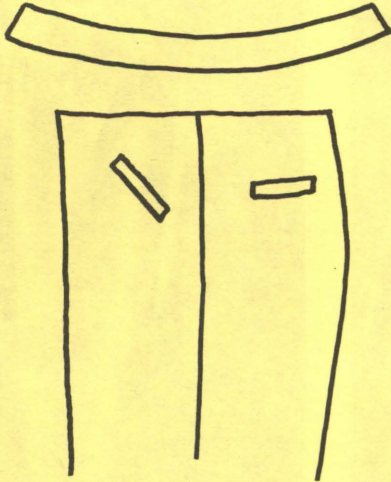
A Side Slit Helps



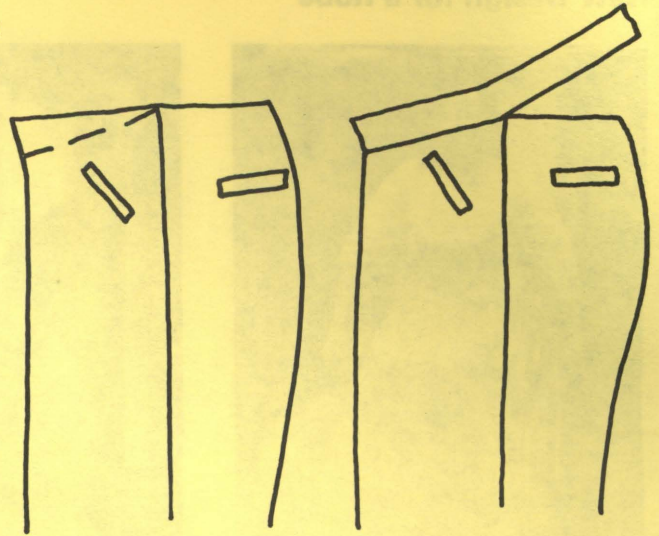
A jacket styled with a side slit is more comfortable for a person in a wheelchair.

Adjusting Slacks (or Skirt)

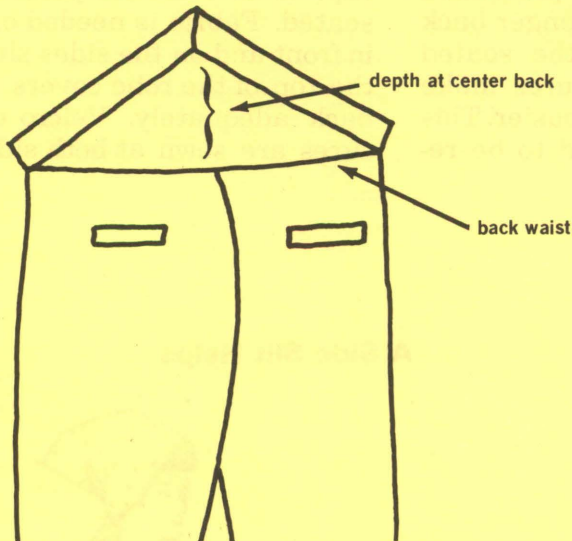
Regular slacks can be altered for a comfortable fit:



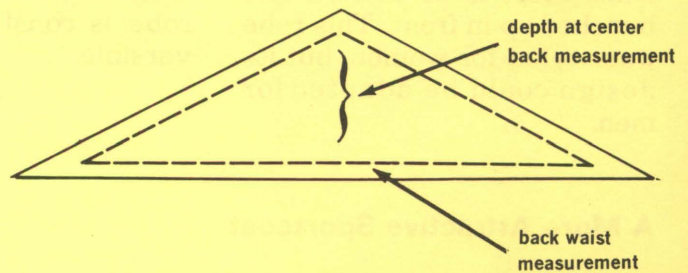
1. Detach the waistband from a regular pair of slacks. A pair of knit slacks will provide added comfort.



2. Attach the front of each side of the waistband, lowering it to the distance determined by measuring from the crotch seam to the waistline plus 1" of ease. Stitch carefully over the zipper.



3. Extend the back waistband pieces at as much of an angle as possible, with the ends meeting in a vertical seam. Measure the back waist and the depth of the angle at center back.



4. Using these two measurements, cut the insert piece from a stretchy knit fabric, allowing for seam allowances. Sew insert piece into pants.

5. The finished slacks are shaped especially to fit the seated figure.



Convenience

Convenience features can be added to your clothing to make them easier to get on, get off and wear.

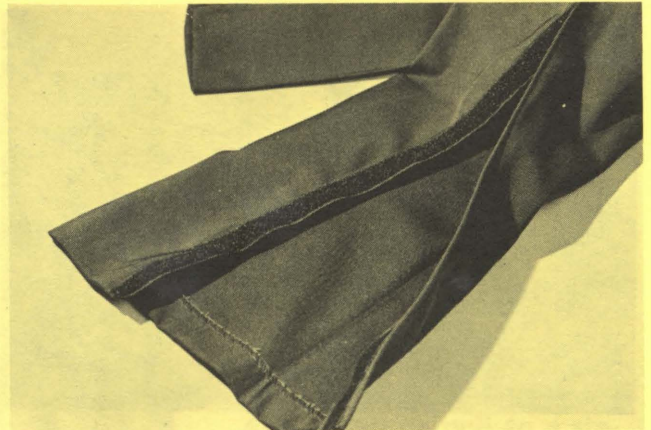
Problem 1 – PUTTING ON AND TAKING OFF CLOTHING

Clothes you now have

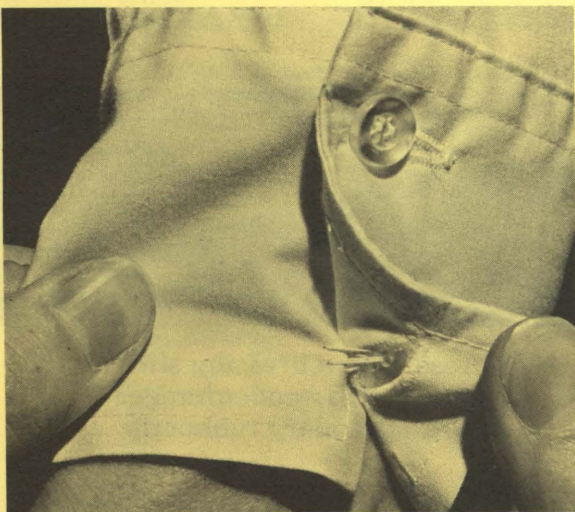
Here are some tricks:



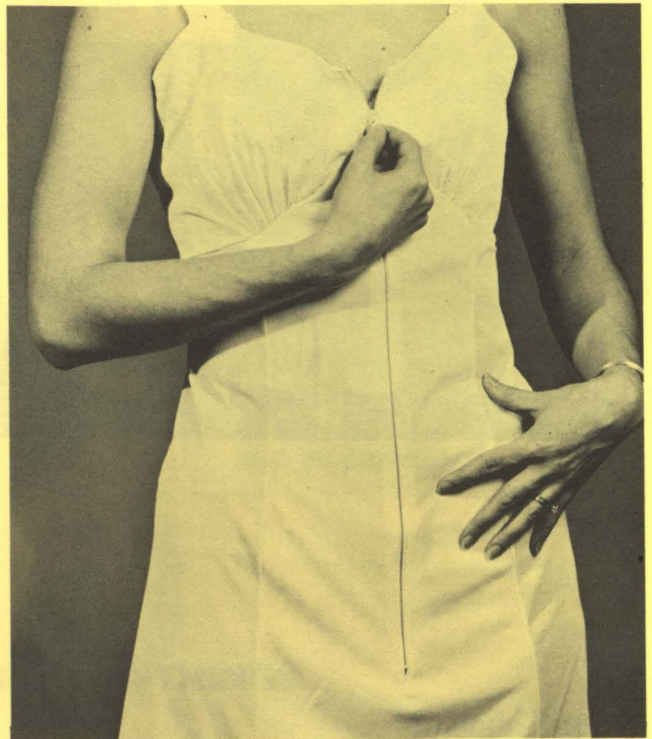
Button the bottom button and slip garment over your head.



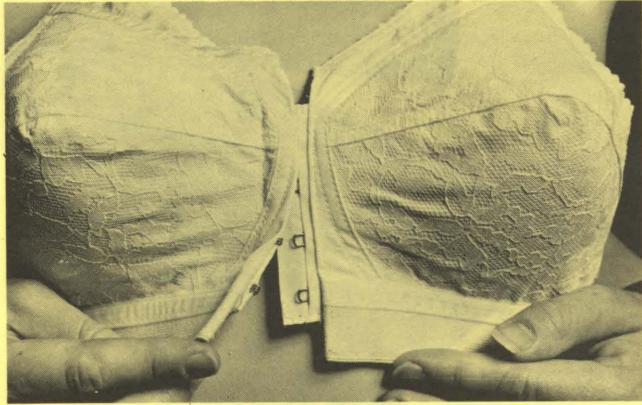
Open side seams of slacks and replace with pressure tape or long zippers.



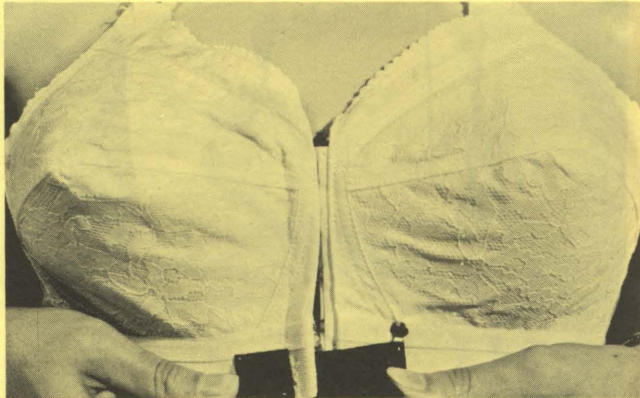
Sew on buttons with elastic thread so your hand can slide through without unbuttoning.



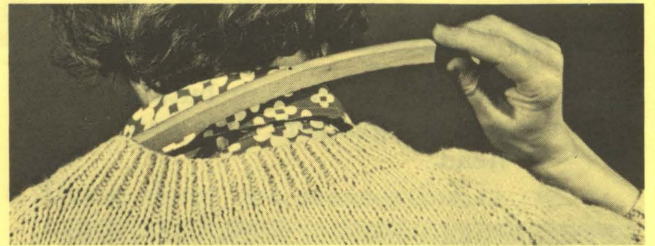
Change regular slip into one with zipper front.



Secure back closure on bra and sew purchased closure into front. If extra support is needed, use a pressure tape strip secured through a large hook.



Sew tabs in slacks so a long hook could pull them up. Hooks can be made from a hanger and dowel covered with tape.



Dress with a dressing stick made from a wooden hanger and a stationary rubber tip.

Future choices

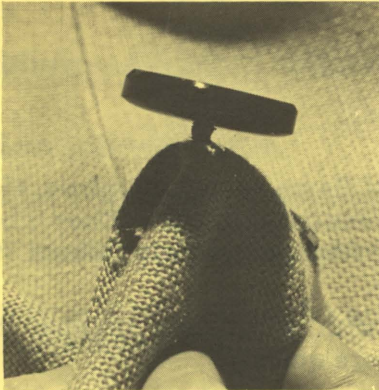
Select front-opening garments.
Choose garments that slip easily over your head.

Buy ready-made clothing especially for the physically limited with convenience features. (See list on back cover.)

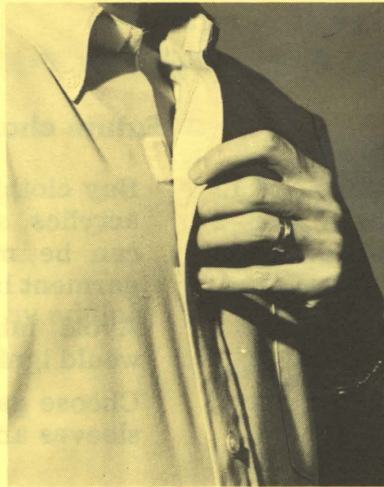
Problem 2—FASTENING FASTENERS

Clothes you now have

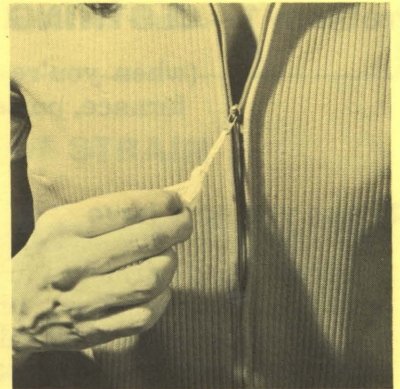
Some suggestions are:



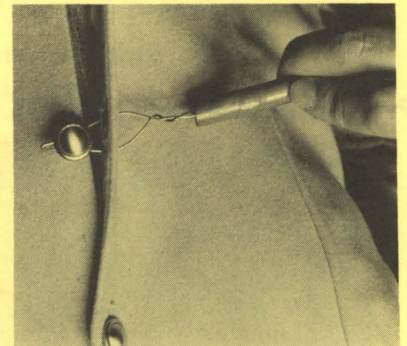
Sew on buttons with shanks so they are easier to hold onto. Also, enlarge buttonholes and use larger buttons.



Use pressure tape as a fastener.



Add a tab or pull to a zipper end.



Try using a buttonhook made from a bent wire and a dowel. Buttonhooks can also be purchased.

Future choices

Choose large buttons and buttonholes.

Select pull-over tops with no closures.

Choose front opening garments.

Select garments with snaps or pressure tape closings.

Wrap-around garments are easy for most people to fasten.

Problem 3—MOVING ABOUT AND CARRYING THINGS

Clothes you now have

Add a patch pocket.

Future choices

Select garments with pockets.

Safety

An extra measure of caution in choosing the clothes you wear can help prevent accidents. Clothing can be a danger to you because of the fabric, the style, or the fit.

Problem 1 – CLOTHING ACTS AS POTENTIAL FIRE HAZARD

(when you're around a source of fire, such as gas range, open furnace, portable heater or cigarettes)

Clothes you now have

You can treat garments in a solution of 12 ounces of diammonium phosphate and 2 quarts water. However, this treatment will wash out each time the clothes are washed.

Take extra fullness out of sleeves and pant legs for garments worn near sources of fire, such as in the kitchen.

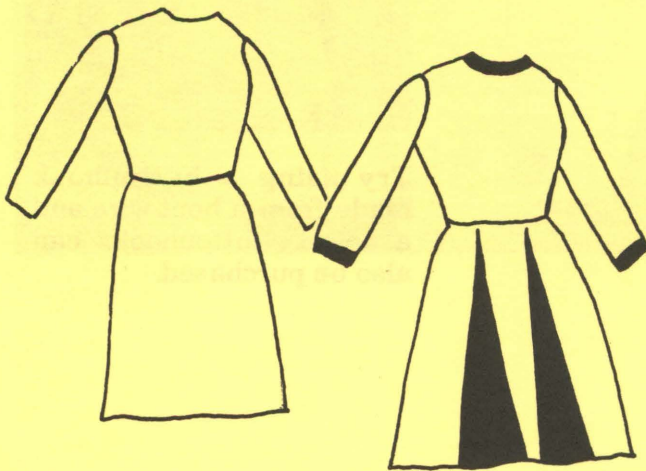
Future choices

Buy clothing of flame-retardant fabric. Mod-acrylics are flame-retardant. Other fibers can be made flame-retardant. Check the garment labels.

Avoid fabric with a brushed texture that would ignite more quickly.

Choose garments designed with close-fitting sleeves and pant legs.

Problem 2 – CLOTHING INTERFERES WITH NORMAL MOVEMENT



When a skirt is too narrow for normal movement, add fullness by inserting several sections in coordinating fabric. Use this fabric someplace else on the garment.

Clothes you now have

Take in fullness in pant legs, sleeves, and skirts.

Find the skirt length that is convenient for you.

Future choices

Choose close-fitting pant legs and sleeves.

Choose skirt width full enough for comfort without extra fullness to catch on objects while moving about.

Care

Save yourself time and trouble in clothing care by:

1. Buying garments with fabric that does not require ironing.
 - Look for permanent press finishes.
 - Cotton fabrics blended with nylon or polyester require less ironing.
 - Knit fabrics usually don't require ironing.
2. Choosing fabrics that will not readily show spots, soil and wrinkles.
 - Printed fabrics hide these well.
 - Knit fabrics stay neat longer.
 - Some fabrics have spot- and soil-resistant finishes. Look for these.

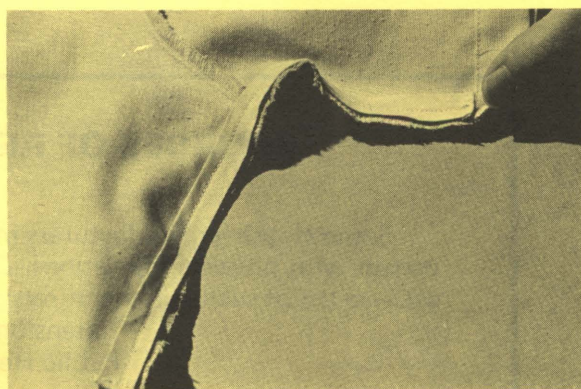
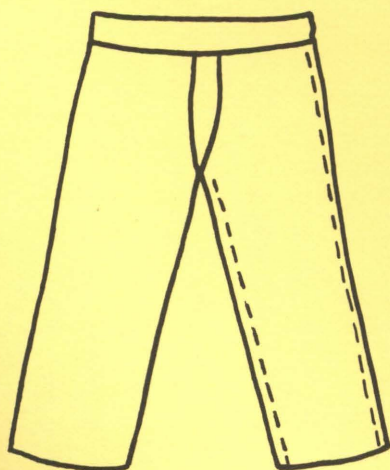
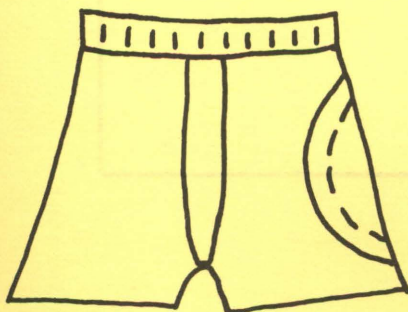
Problem — FABRIC WEARS OUT IN CERTAIN AREAS OF STRAIN

Clothes you now have

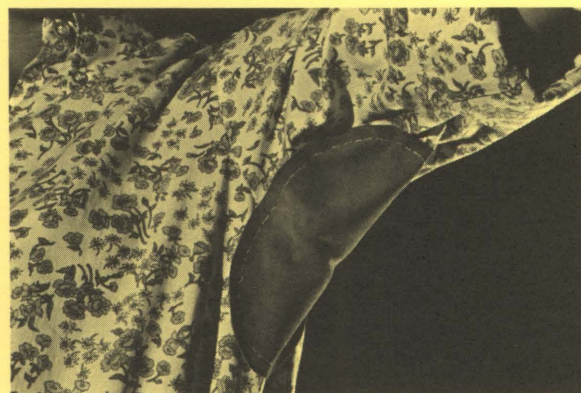
Reinforce garments in area of strain:

Add a patch to an area of strain.

Reinforce slacks inside for braces by adding an extra layer of fabric.



Reinforce underarms and other strained seams with seam tape.



A leather patch placed under the arm will prevent wear from crutches and arm bands.

Future choices

Buy strong fabrics. Acrylic, nylon, and polyester add strength when blended with cotton or rayon.

Buy closely woven or tightly knitted fabrics for added durability.

SOURCES OF READY-MADE CLOTHING

Some clothing manufacturers make clothes that are especially suited for the person with physical limitations. One of these local people will have – or can get – a list of such manufacturers:

Extension Home Economist
Public Health Nurse

