

Hints and tips for fastening garments

The following hints and tips could make fastening garments much easier for you:

- > Many people have found that using a Velcro type product when possible makes fastening much easier.
- > If your garment fastens at the side or the back and you find these difficult to reach, an alternative method is to fasten at the front then twist the garment around your body to its correct position.
- > If available, elasticated garments should be considered as they often do not use fasteners.
- > You could try wearing items of clothing that do not use fasteners, such as T shirts, jumpers etc.
- > If you have difficulty undoing/doing up buttons you could leave them done up and put the garment on over your head. If you find this a bit tight because the shirt has no give then you could try wearing a shirt in a larger size.
- > You (or a carer/friend/relative) could try removing any problem buttons and replacing them with Velcro type products or poppers.
- > If you have difficulty pulling up zips you may find it easier if the zip end is bigger or if you have a loop attached to it.
- > If you have difficulty fastening your bra, try fastening it with the fasteners at the front, and then move it round into the correct

position then put your arms through the shoulder straps. Reverse this when you need to take your bra off. You could also try doing adaptations such as a 'D' fastening or replacing the hooks with Velcro or poppers.