

GETTING DRESSED SHOULDN'T BE THIS HARD!



Dress for Success

Today's adaptive and comfort- focused clothing offers attractive options that are easier to put on, easier to care for, and designed to help older adults remain independent longer.

TRADITIONAL CHOICES VS. BETTER CHOICES

BEFORE

- ✗ **Buttons**
Hard to fasten with arthritis
- ✗ **Tight fit**
Restrictive & uncomfortable
- ✗ **Belt**
Difficult to fasten & adjust
- ✗ **Stiff fabric**
Less comfortable & harder to move in
- ✗ **Shoes with ties**
Difficult to tie, easy to trip



AFTER

- ✓ **Easy fastenings**
Magnetic closures or front zippers
- ✓ **Comfortable fit**
Allows ease of movement
- ✓ **Pull-on waist**
Elastic waist for comfort & easy on/off
- ✓ **Soft, stretchy fabrics**
Comfortable, breathable, & easy care
- ✓ **Slip-on shoes**
Easy on and off, safer & more stable



SMALL CHANGES. GREATER INDEPENDENCE.

The right clothing can reduce...

- Frustration
- Fatigue
- Risk of falls while dressing
- Dependence on others
- Missed outings due to difficulty getting ready

Most importantly...

It helps preserve confidence, dignity, & independence.

HOME CARE PRESERVES INDEPENDENCE!

Even with the right clothing, getting dressed can become physically challenging due to arthritis, limited mobility, weakness, or balance changes.

Home care provides respectful assistance with...

- ✓ Dressing & grooming
- ✓ Laundry & clothing organization
- ✓ Seasonal wardrobe changes
- ✓ Personal care routines
- ✓ Encouragement to remain active & socially engaged

If getting dressed is becoming more difficult, home care provides the extra support needed to keep older adults independent, confident, and safe at home. Call to learn how we can help!



Serving the Greater Austin Area

512-999-7379

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