

## ALZHEIMER'S CARE CARD #6



### Alzheimer's Disease—Dressing

*"My wife insisted on wearing the same clothes everyday for days on end. We had to take them to wash only on the nights we could get her into her nightgown. So, I bought two more outfits of the exact same blouse and slacks. Now she changes into fresh clothes and we rotate the clean with the dirty."*

- Allow the person to dress herself as long as she can; even if it takes more time than it would with your help.
- If the person needs help, give step-by-step instructions and take one task at a time. Or, you might try arranging clothes by laying them out in the order they are to be put on.
- Encourage the person to choose her own clothes, but make the choice easier by avoiding a large selection from which to choose. Keep only seasonal clothes in the closet. If she insists on wearing the same outfit everyday, try buying the same pieces in duplicate so they can be rotated.
- Clothing should be comfortable, but attractive. Watch for changing size needs subsequent to weight loss or gain.
- As the person becomes more impaired, try easy-care clothing, like sweatsuits, slip-on or Velcro closing shoes, and pants or skirts with elastic waists or Velcro closings.
- Keep the room warm and well lit while the person dresses. Draw blinds or close door for more privacy.
- Try to conduct dressing at a regular time-part of the day's routine.

### Supporting Arkansas Families Since 1984

Alzheimer's Arkansas Programs and Services is an independent non-profit 501(c)(3) organization governed by a local volunteer Board of Directors.

Our services include:

- 24 hour telephone support
- Family and professional education
- Support groups for patients and caregivers
- Financial assistance
- Community awareness presentations
- Monthly newsletter and Lending Library

**Alzheimer's Arkansas Programs and Services**  
**10411 W. Markham**  
**Suite 130**  
**Little Rock, AR 72205**  
**501-224-0021 or 800-689-6090**  
**[www.alzark.org](http://www.alzark.org)**