Alzheimer's Care Card #6
Alzheimer's & Dressing

"My wife insisted on wearing the same clothes every day 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 themselves as long as they are able; 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.

Alzheimer's Arkansas
Caring for Caregivers 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
Lending Library
Encourage the person to choose their own clothes, but make the choice easier by avoiding a large selection from which to choose. Keep only seasonal clothes in the closet. If they insist on wearing the same outfit every day, try buying the same pieces so it can be rotated.

Clothing should be comfortable, but attractive. Watch for changing size needs due to to weight loss or gain.

As the person becomes more impaired, try easy-care clothing, like sweatsuits, slip-on or Velcro 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 doors for more privacy.

Try to conduct dressing at a regular time integrating it into the day's routine.