## **PLAN MANAGE ASSIST**

### Assisting you in your NDIS Journey



#### ADAPTIVE CLOTHING

Everyone wants to be able to choose and wear clothes that are comfortable and to their own personal taste. This can be difficult for you if you have a disability.

There are companies which specialise in manufacturing clothes to meet your needs, and some brands are now including clothing designed for people with additional requirements.

You may find certain types of fabric and styles of clothes or footwear can be useful in overcoming problems. Equipment and techniques for dressing and undressing can also be utilised to enable ease and independence in self-care.

Seams in clothing can often press against the skin when using a wheelchair, creating sores and areas of irritation. Some adaptive clothing is seamless, or features seams in less sensitive areas as an easy way to avoid injury.

# **PLAN MANAGE ASSIST**

# Assisting you in your NDIS Journey

Safety should be paramount when selecting adaptive clothing, it is wise to choose clothing that fits well and will not get caught up in a wheelchair.

#### Some great sites for disabled clothing & adaptive clothing

- Every Human
- Caring Human
- Sunrise Medical
- Spinal Cord Injuries Australia
- Girls Chronically Rock
- Able Clothing

