

This article is part of the We R.A. Priority disease awareness programme that has been developed and paid for by Galapagos Biotech Ltd, a science-based pharmaceutical company with support from The National Rheumatoid Arthritis Society (NRAS).

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WHAT TO LOOK FOR WHEN SHOPPING...

Fabrics

Soft fabrics will feel more comfortable and better against your skin.

Stretch fabrics are easier to manipulate when dressing / undressing and easier to take care of.

Tech fabrics have both heating and cooling properties.

Texture



Look out for **TEXTURE** and **SEAMS** - cable knit or thick seams, for example, may cause added pressure - especially if they run over an area that is painful for you. You might want to look at designs with seams in different places - like a dropped shoulder in a jumper or a wider waistband.

Loungewear is increasingly popular and cut better than it used to be so you need not look like you are returning from the gym!

Stretch-tailored clothing is also on the rise and is easy to get in and out of while being suitable for more formal situations.

Fabric



Temperature



TECH fabrics, often seen in 'athleisure', are being incorporated into more and more 'high street' styles and help with **TEMPERATURE** regulation and comfort.

WHAT TO LOOK FOR WHEN SHOPPING...

Tops

Wider necklines are easier to pull over yourself / for someone else to help you into.

No button shirts with hidden Velcro or magnetic fastenings and faux buttons are an alternative to traditional shirting.

Easy on / off tops that are backless, loose fitting or stretchy will be the easiest to wear.



Stretch Fabric

A shirt made from **stretch fabric**, or with a **wide opening**, means you **won't need to use the buttons** as you will be **able to pull it over your head**. **Alternative fastenings** also **remove** the need to use **fiddly, small buttons**.



Easy On, Easy Off

The bonus of **jersey** and **stretch fabrics** is they are often **easier to look after** and have **small / narrow seams**. **Backless tops** or those with **wider necklines** are also **stylish** options that are **easier to get into**.



Google search words: Stretch shirt, hi-low hem, dipped hem, boat neck, faux buttons, mock button, mock shirt, wide neck, open back, backless.

WHAT TO LOOK FOR WHEN SHOPPING...

Bottoms

Wide leg designs are not as difficult as slim fit styles.

Alternative fastenings and **elasticated waistbands** can remove the need for zips and buttons.

Stretch fabric can look tailored while requiring less fastenings and being easier to get in and out of.



Elastic



Bottoms with an **elastic waistband**, whether just at the **back** or the **whole way round**, are **more common** than ever. These do **not require 'doing up'** and are more **comfortable**. **Inbuilt loops** can make it **easier to pull up trousers**.



Looser Fit

Looser fitting designs are **easier to get on and off**, but if you **prefer a slim fit** then look out for **tailored styles** made from a **stretch fabric**.



Style tip

Loops can be added to existing garments relatively easily and inexpensively by an alteration service.

A **built-in draw string** can make a garment **easier to manipulate** when putting on and can even **help you pull them up**. However, look closely at the drawstring exit hole – if it is not well finished then pulling on the string could damage or rip the front.

Draw String



Magnetic

Some **classic styles** now come with **magnetic closures** and look **entirely un-adapted**. This means you can wear your **favourite style of jeans** without the **stiff buttons** and **tiny zip**.



Google search words: Pull on, easy on, elasticated, stretch, tailored stretch, drawstring, ponte, magnetic closure, Velcro fastening.

WHAT TO LOOK FOR WHEN SHOPPING...

Outerwear

Large buttons are less fiddly and there is often less of them.

Wrap / Tie-up can more easily be worn in a 'closed' look.

Capes are great for layering and the 'open' style requires no fastenings.



Kimono

Kimono and flared sleeve styles can work with **multiple layers** and usually **feature** a front **tie** to fasten.



Stretchy

Coats and jackets with just **one** or **two buttons** or **concealed zips** are **ideal** if you like a closed look to your outerwear. **Tailored jackets** made in **ponte jersey** are **soft, stretchy** but **still structured**.

Duster Coats

Duster coats and **cap**es are **super versatile** and also **great for layering**; if you buy in a **stretch fabric** they are also **good** just for **wearing** at **home** to keep warm.

Capes



Google search words: Jersey jacket, ponte jacket, duster coat, cape, kimono sleeve coat, drapecoat, buttonless coat.

WHAT TO LOOK FOR WHEN SHOPPING...

Footwear & Accessories

Suitable footwear is highly individual depending on personal needs. This guide contains suggested styles, however you might have to shop around to find what works for you. For further advice on footwear [click here](#).

Slip on shoes mean you don't need to reach down to put them on and can still provide a good level of support.

Faux belt buckles with hidden Velcro fastenings or belt alternatives can be easier to do up.

Adjustable or ergonomic bags won't put too much pressure on your shoulders / back and can be lowered / raised so the bag doesn't sit against a sore spot.



Braces

If a **belt** is **difficult** then **braces** will **hold** your **trousers** and after having been initially attached they can **stay in place** and be **looped over** the **shoulders** when **dressing**.



Slouch Designs

Slouch designs with only **1 magnetic fastening** are always in style and with an **adjustable strap** can be worn on a shoulder or across your body.



Supportive

Slip on shoes with a **supportive sole** are **comfortable** and can be **dressed up or down** for **casual and smart** occasions.



Classic black or white shoes and **sandals** with **cushioned soles** are **suitable for every occasion** and a great staple for your wardrobe. A **small wedge heel** is an alternative if you still want **elevation** but **struggle** with **heeled shoes**.

If unsure whether wedges are suitable for you, please discuss with a podiatrist. Further advice on footwear can also be found [here](#).



Wedges



Google search words: Pull on, step in, elasticated, ribbed, sock boot, wedge, padded bag, adjustable, slouch bag.

WHAT TO LOOK FOR WHEN SHOPPING...

Skirts

Elasticated waistbands whether just at the back or the whole way round, this is more comfortable to wear and easier to get in and out of.

Pockets we all know the lack of pockets issue but it's great to add that as a filter to narrow the search as they do exist- and pockets mean heat pads or pain devices can be easily worn / portable.

Stretch fabric that looks tailored requires less trimmings / fastenings and is easier to get on and off, same as with trousers.



Stretch Skirts



Comfort

Overall stretch skirts are **very common** now, but there are still some in **non stretch** that have an **elasticated back** that can be **dressed up and down**.

The **great thing** about **stretch fabric** is that it can be **dressed up and down** as well as being more **comfortable** and **easier to look after**; knitted skirts are more expensive but **worth investing** in as they are the **height of comfort!**



Depending on the design and the **pocket size**, **TENS machines** and **heat pads** can be **worn as you go about your day** - they are a **rare find** but **being included more** and more finally in womenswear.



Heat Pads



Google search words: Knitted skirt, stretch skirt, elasticated waist skirt, ponte skirt, sports skirt, pocket skirt, pull on skirt.

WHAT TO LOOK FOR WHEN SHOPPING...

Dresses

Stretch once again being the key word because it can mean less or no fastenings but doesn't have to compromise style.

Front or side fastening because back and side zips / buttons can be tricky for people with shoulder or elbow issues.

Wrap / Easy on requires less movements and dexterity to get on.



Wrap dresses



Wrap dresses can be so **versatile** and **comfortable**; whether woven or stretch fabric, these are a **great compromise** and **easy for day to night dressing**.



Google search words: Wrap dress, front fastening, front zip, oversized, sports dress, cut out, backless, pull on dress.



Stretch



Any **oversize style** tends to be easier to get in and out of, but you **don't need to limit yourself** to only that-there are **plenty of form fitting, stretch styles** available.

Backless

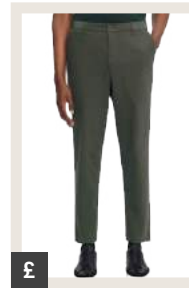


Backless and **cut out** designs are **great for layering** as well as **dressing up or down** on days when a full 'party' outfit feels too difficult. Front zip dresses will work for some people - **the bigger the zip, the better the pull**, but there are **tools to assist** with zips so don't rule them out entirely.

Style tip

You can also shop in **maternity sections**; a lot of the adaptations you need are included in that type of design.

OUTFIT INSPIRATION FOR Office dressing



£
Ted Baker
Stilz Elasticated
Waist Trousers



££
Geox
Moner 2fit Man



£
UNIQLO
Heattech Ultra Warm
Crew Neck Long
Sleeved Thermal Top



£
The Able Label
Leather Velcro Belt



£
The Able Label
Martin Pure Cotton Check Non-Iron
Velcro Shirt



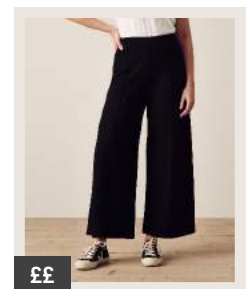
Pricing guide

£ 0 - £49 ££ £50 - £99 £££ £100+

(based on prices in February 2022)



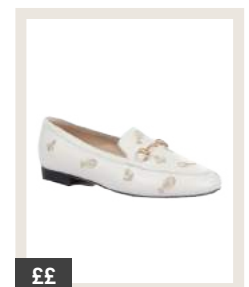
££
Peter Hahn
Jersey Blouse



££
The White Company
Double-Jersey Pull-On Crop



£
M&S Collection
Jersey Single Breasted Blazer



££
Jones Bootmaker
St Tropez Embroidered Loafers

OUTFIT INSPIRATION FOR

Casual dressing



M&S
Straight Fit Organic Cotton Elasticated Trousers



Tommy Hilfiger
Adaptive Slim Fit Shirt



Unhidden
T-shirt with Wrap Sleeve



So Yes
Men's Jacket with Magnetic Zipper



Nike
Glide FlyEase



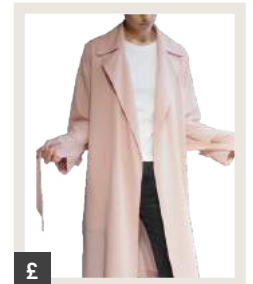
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£ 0 - £49 ££ £50 - £99 £££ £100+

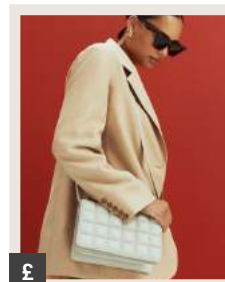
(based on prices in February 2022)



Pour Moi
Elle Knit Midi Wrap Dress



Religion
Standard Coat



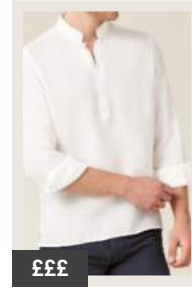
H&M
Shoulder bag



Calvin Klein
Leather Slip-On Shoes

OUTFIT INSPIRATION FOR

Occasion wear



Luca Faloni Forte
Linen Shirt



Universal Works
Kyoto Work Pant



Tommy Hilfiger
Adaptive Signature Collar Cardigan



Birkenstock
Callan Suede Leather



UNIQLO
Men Comfort Blazer



Roman
Fitted Jersey Wrap Dress



Maya Deluxe
Cape Cover Up With Embellishment



Marc Cain
Shoulder Bag



Geox
Arlara Woman

Pricing guide

£ 0 - £49 ££ £50 - £99 £££ £100+

(based on prices in February 2022)

OUTFIT INSPIRATION FOR

Nightwear and Lingerie



The Able Label
Brushed Pure Cotton
Velcro Shirt & Pull
On Bottoms PJ Set



Hotter
Lounge Slippers



Undercare
Men's brief



Magnetic front fastener

Adjustable shoulder straps

Soft-touch hook & loop tape fastening for a comfit fit, fuss-free changing

Light compression socks to help circulation, in turn improving blood flow and pain relief



NotYourGrandmas
Floral Compression Socks



Elba
Essential Bra



Modi Bodi
Adaptive Boyleg Pant

Pricing guide

£ 0 - £39 ££ £40 - £79 £££ £80+

(based on prices in February 2022)

OUTFIT INSPIRATION FOR

Aids



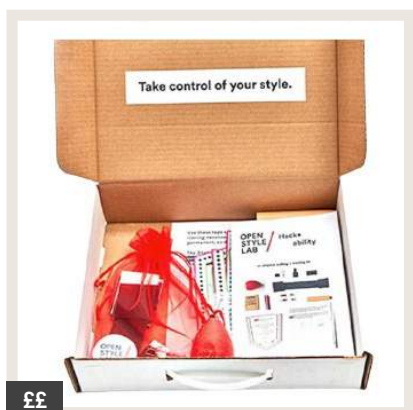
£

Arthr Zubits
Magnetic Lacing Solution



££

Kohl Kreatives
The Flex Collection Makeup Brushes



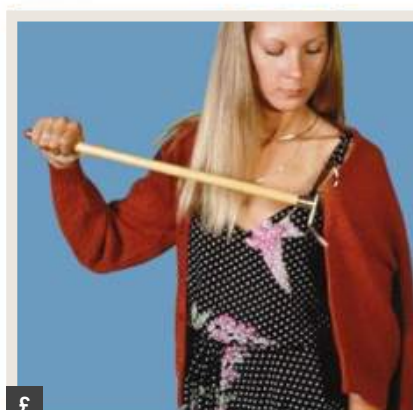
££

Open Style Lab
Hack Ability Toolkit



£

Complete Care Shop
Brevetti Stocking and Sock Aid



£

Procter Healthcare
Dressing Stick



£

Complete Care Shop
Good Grips Button Hook

Pricing guide

£ 0 - £39 ££ £40 - £79 £££ £80+

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