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.

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.

**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.

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**.

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.

**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.

**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.

**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.

**Draw String**

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.

**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.

**Capes**

- **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** and **cape**s 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.

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

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**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.

**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.**

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**Supportive**

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

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**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.

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**Wedges**

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

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**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.

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.

Google search words: Knitted skirt, stretch skirt, elasticated waist skirt, ponte skirt, sports skirt, pocket skirt, pull on skirt.
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, oversize, sports dress, cut out, backless, pull on dress.

**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.

**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.

**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.

*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 Trouser

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)
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

M&S
Designed especially for arm and chest port access

Easy slip-on shoe

Comfy structured and well supported sole

Pricing guide
£0 - £49
£50 - £99
£100+
(based on prices in February 2022)

H&M
Shoulder bag

Pour Moi
Elite Knit Midi Wrap Dress

Religion
Standard Coat

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

Pricing guide
£ 0 · £49 £50 · £99 £100+
(based on prices in February 2022)

Roman
Fitted Jersey Wrap Dress

Marc Cain
Shoulder Bag

Maya Deluxe
Cape Cover Up With Embellishment

Geox
Arfara Woman
OUTFIT INSPIRATION FOR
Nightwear and Lingerie

- **Modi Bodi**
  - Adaptive Boyleg Pant

- **NotYourGrandmas**
  - Floral Compression Socks

- **Elba**
  - Essential Bra

- **Slip-on, seam-free slippers**
  - £

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

- **Undercare**
  - Men’s brief

- **Hotter**
  - Lounge Slippers

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

- **Undercare**
  - Men’s brief

- **Hotter**
  - Lounge Slippers

- **Magnetic front fastener**

- **Velcro fastening shirt**

- **Pull on trousers with Velcro fly**

- **Slip-on seam-free slippers**

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

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

- **Adjustable shoulder straps**

**Pricing guide**

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<th>£0 - £39</th>
<th>£40 - £79</th>
<th>£80+</th>
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(based on prices in February 2022)

- **NotYourGrandmas**
  - Floral Compression Socks

- **Elba**
  - Essential Bra

- **Modi Bodi**
  - Adaptive Boyleg Pant
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+
(based on prices in February 2022)