Hygiene 2.2: How to Help with Getting Dressed

Helping someone get dressed can be difficult especially if the person you're caring for has mobility issues.

In this video we'll show you how to dress and undress the person you're caring for while they're in bed. Practice the following tips to help make this task easier for both of you. Let's try it.

Start by gathering their clothing they can pick out something for themselves or you can assist them in picking out their outfit for the day. Keep in mind what things they'll be doing during the day and help guide them to choose clothes that will work for those activities and the weather.

If the person you're caring for isn't very mobile, it's easier to use adapted clothing like back closure tops. Side zipper pants, or wheelchair pants or dresses. Try and avoid tight clothing with a lot of buttons, zippers, or fabric that doesn't stretch.

To undress the person that you're caring for follow these steps. If they can't leave their bed start with them lying down while you undress them keep a sheet over them so they will stay warm and to make it less awkward. First loosen any buttons zippers or snaps and remove one sleeve of their top and tuck the loose part of their shirt under their back as far as you can. If they have weakness on one side start by undressing their strong side. Start to remove their bottoms by pulling the same side of their pants and undergarments down over their hip after that's done help them roll onto their strong side. Now pull the other side of their pants down over their hip and remove their shirt carefully from their weak side. Finish undressing them by helping them turn onto their back and removing their pants and underwear. If they need a bath, now's the time. Click here for a video that describes how to give a bed bath.

To put their fresh clothes on do everything in reverse. If they have weakness start with them lying on their strong side put their shirt sleeve on starting with their weak side. Tuck as much of the shirt as you can under them. Next, slide their underwear and pants over their feet and pull them up as far as we can on their weak side. While you roll them onto their weak side, hold their pants and shirt in place as much as possible. From here, you'll be able to pull their lower garments up and pull their shirt through to put their other sleeve on. Finish up by doing any buttons, snaps, or Velcro. Flatten out any wrinkles and make sure that their clothes aren't pinching or pulling anywhere. Lastly, help them accessorize with a tie, scarf, hat, or jewelry. Helping the person you're caring for dress up nicely not only helps them look great but also helps them feel great. This should help you feel great too.

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