

## Adaptation of Clothing

### i. Pants

#### Instructions for Adapting Pants

#### Materials Needed

1 – 1 ½” wide elastic 14” long

Velcro the same width as elastic, 6” long

Thread

1. Cut the back seam of the pants from the top of the waistband to the crotch of the pants. Reinforce both seams using a zigzag stitch, to prevent fraying.
2. Take the 14” piece of elastic and sew a 6” long piece of “female” Velcro (this is the soft-sided part of the Velcro) to one end so that the soft side of the Velcro is up. Reinforce your stitching several times as this will get a lot of repeated use and needs to be strong.
3. Sew 1” of the non-Velcro end of the elastic to one side of waistband on the top or outside of the pants. (If you or the caregiver is right-handed, it will be easier to put these on your loved one if the elastic is sewn on the right side of the pants and left side for left-handed care-givers. The orientation is from the back of the pants where the cut has been made) Be sure that the Velcro is facing down.
4. On the other side of the waistband, sew a piece of 6” male Velcro (this is the rough sided part of the Belcro) directly on the waistband so that the rough side of the Velcro is up. Reinforce your stitching several times, as this will get repeated use nad needs to be strong.
5. Once the pants are put on, the elastic band with the female Velcro (facing down) is pulled over and placed on top of the male Velcro (facing up) on the waistband on the other side of the individuals hips.

(The reason the female Velcro is used on the elastic is because it is soft and will have the potential of being near skin, so the male Velcro should always be used on the pants in a stationary position so that it cannot scratch or irritate.)

### ii. Shirts and Jackets

#### Adapting Shirts and Collared Jackets/Pullovers

1. Ct up the back of the shirt or jacket/pullover from the hem to the base of the collar. **Do not cut through the collar.**
2. Reinforce the cut seams using a zigzag stitch if necessary.

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3. The shirt, jacket or pullover is then placed over the head first, then arms J(or whichever way is most comfortable for individual). The extra fabric is tucked into the sides of the wheelchair and is not cumbersome to sit against.