

DRESSING WITH HD

A guide for individuals with Huntington's Disease (HD) on what to look for in clothing to promote and empower identity through the disease progression.



Huntington's Disease brings challenging life changes. Managing dressing and personal identity through clothing is often overlooked. Addressing this early can preserve identity, conserve energy, reduce cognitive strain, support mental health and overall well-being for individuals and caregivers.

Changing Your Mindset

Some Helpful Perspectives to Consider

Embracing Challenges: Viewing challenges as opportunities. You can use this by purchasing new clothing or adapt existing favorable clothing to maintain your identity despite HD progression.

Persistence Through Setbacks: Understanding that setbacks will happen but how can we learn, reflect, and adapt. You can do this by adapting your clothes to fit your needs.

Questions to Ask Yourself



What kind of clothing do I like to wear? (color, pattern, buttons, slippers, loose fit, tight fit, shoes with laces, sandals)



Will I be able to wear this clothing as my HD symptoms progress? If not, how can I adapt them?



Is it a priority that I dress myself to promote independence? Or will I dress with assistance?



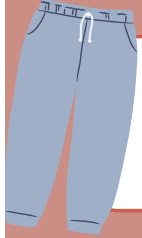
ADAPTIVE STRATEGIES WHEN DRESSING



Sit when dressing to reduce loss of balance



Place both arms in shirt and place over head



Pull up underwear and pants at the same time to conserve energy



Arrange your closet to make it less distracting and stressful

ADAPTING YOUR OWN CLOTHES



- Add **velcro** to button-down shirts and jackets
- Add **magnets** to button down shirts and jackets
- Add **magnetic closers** for jewelry
- Add **zipper grip** to jackets, sweaters, pants, and shorts
- Add **hat grip** to prevent hat from falling off head
- Add **elastic** to waistband of pants
- Add **elastic shoelaces** to shoes to reduce tripping hazards
- Add **larger belt loops** to shorts/pants

*You can also ask your local tailor to make any of these adaptations

PURCHASING ADAPTIVE CLOTHING

Search Terms

Front Fastener
Elastic
Adjustable
Relaxed Fit
Loose Fit
Drawstring
Snaps

Brands & Stores

MagnaReady	Zappos
Joe & Bella	Nike
Tommy Hilfiger	Amazon
June Adaptive	Nike
IZ Adaptive	Target
Silvert's	Hey Dude
Victoria Secret	Liverpool
SKIMS	Kizik