

Dressing: Shoes and Socks

Shoes and socks may be difficult to put on or take off. This may be due to reduced strength, poor balance, restricted movement, injuries and other health conditions. This information is only a guide. If you are unsure about what might suit you call ILC Tas on 1300 885 886 to speak to a health professional.

Many dressing difficulties can be made easier by changing your technique or using equipment.

Some tips which might help you:

- Collect all items you will need and place them within easy reach before you start.
- Sit down to complete the task. A chair is better than the edge of a bed. A bed can sometimes be too soft or too high.
- Allowing plenty of time to put your shoes and socks on. Rushing makes it more difficult.

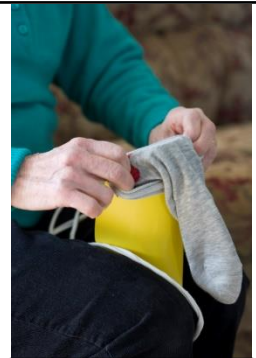
Putting on socks

- A **sock aid** can help you to put your socks or stockings on if you have difficulty bending down to your feet. A sock aid is a piece of flexible plastic with a long ribbon or cord. There is also a type available for compression stockings.
- A **long-handled shoe horn** or a **dressing stick** can help you to take your socks off.

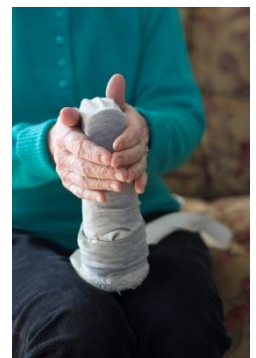
How to use a sock aid

1. In a seated position, fold the sock aid in half lengthways. To stabilise the sock aid put it between your knees.
2. Pull the sock over the sock aid.
3. Use the tapes to lower the sock aid to the ground.
4. Put your foot in the sock aid, point your toes, and pull on the tapes.

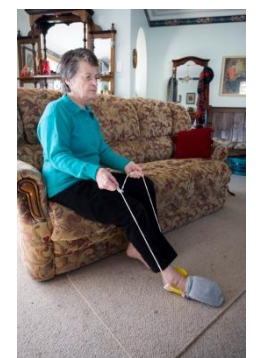
How to use a sock aid



Step 1



Step 2



Step 3 and 4

Doing up Shoes

Long-handled shoehorns may assist with putting on shoes by reducing the need to bend.

If you have difficulty with shoelaces, consider the following options:

- **Elastic shoelaces** stretch and can remain tied up while you put on/take off your shoes.
- **Springer shoelaces** or 'no tie shoelaces' are elastic shoelaces with a spring shape. Their design means that they do not need to be tied.
- **Shoelace locks** are threaded onto the shoelace and used as a securing and tightening device.
- **Shoe buttons** are made of plastic and screw through the top shoelace hole. A tied shoelace can then be pulled over the button to fasten it, reducing the number of times the shoelace has to be tied and untied.
- Other options for shoes without laces include **slip-on shoes and boots, shoes with hook-and-loop fastenings** and **shoes and boots with zips**.



Contact ILC Tas for more information



Ring **1300 885 886** to speak to a health professional.



Visit our website www.ilctas.asn.au or email us ilc@ilctas.asn.au



Make an appointment to visit our centre at 275 Wellington Street, South Launceston.

Ring us to find out when we will be visiting your area next.

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Independent Living Centre Tasmania

275 Wellington St, South Launceston | Tasmania | 7249 | Australia **local call** 1300 885 886 | **t** 03 6335 9200 | **f** 03 6335 9224 | **e** ilc@ilctas.asn.au | **w** www.ilctas.asn.au

ILC Tas is jointly funded by the Australian and Tasmanian Governments