

Putting On A Shirt/Blouse With One Hand

- Follow infection control procedures
- Ensure the client's privacy and dignity

- Have the person sit in a suitable chair or appropriately positioned in bed
- Is the clothing theirs, check the label!
- Ensure the button on the "good" arm is done up, but, it must allow enough space for their hand to fit through (alter if necessary, Velcro?)
- Place the shirt/blouse flat on their lap, face down, the collar farthest away from their body
- Using their "good" arm, they fit the "bad" arm sleeve up and over the "bad" arm
- Lowering their head, they guide the shirt/blouse over their head using their "good" arm to do this
- They then guide the shirt/blouse down over their body
- If the shirt/blouse was not done up, do it up now using the "good" arm (Velcro?)
- Then "good" arm down the "good" arm sleeve

