



# Dressing: Socks and Shoes

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. Here are some options to keep your feet protected.



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Launceston, Hobart, Ulverstone

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# Dressing techniques

Many dressing difficulties can be made easier by using different techniques or equipment.

## Helpful tips

- 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 shoehorn** 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. Pull the sock over the sock aid
2. Use the tapes to lower the sock aid to
3. Put your foot to the end of the sock aid
4. Point your toes and pull on the tapes



# Putting on shoes

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



## Elastic laces

- **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.



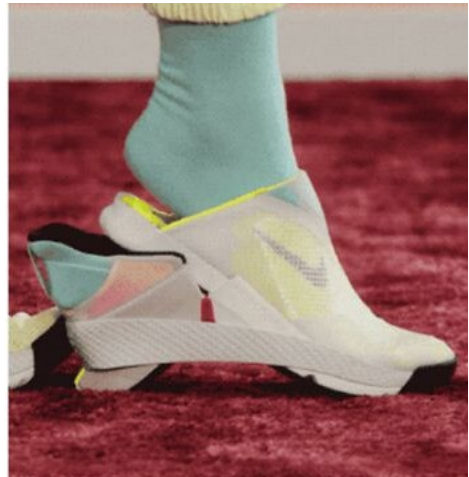
## Locks and buttons

- **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 shoe options

Alternative to laces include:

- Slip on shoes and boots
- Shoes with hook-and-loop fastenings
- Shoes and boots with zips



# More Information

- o Ring 1300 885 886 to speak to a health professional.
- o Visit our website [www.ilct.com.au](http://www.ilct.com.au) or email [ilc@ilct.com.au](mailto:ilc@ilct.com.au).
- o Make an appointment to visit one of the displays centers:  
Launceston, Hobart, or Ulverstone.
- o ILCT visits communities around Tasmania. Contact us to  
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# Independent Living Centre Tasmania

275 Wellington Street,  
South Launceston,  
Tasmania 7249

337 Argyle Street,  
North Hobart,  
Tasmania 7000

Cradle Coast Health Centre,  
11 Alexander Road,  
Ulverstone, Tasmania 7315

Contact us:  
**P** 1300 885 886  
**E** [info@ilct.com.au](mailto:info@ilct.com.au)  
**W** [ilct.com.au](http://ilct.com.au)