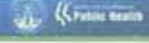


Easy Ways to Adapt Clothing for Children and Teens


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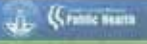


Lynette Ingram OTR/L, SWAL, CLE

- Over 30 years Occupational Therapy experience
- Mother of 16 year old boy-girl twins, Landon and Lyndsey
- Lyndsey has Down Syndrome



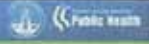
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GOAL

- To demonstrate to participants easy no sew and low sew methods to adapt commercially available clothing and shoes for special needs children and to review adaptive clothing/shoe resources.


2



Learning Objectives

1. To demonstrate to service providers of children with special health care needs, easy no sew and low sew methods to adapt readily available clothing to improve a child's independence with dressing and toileting at home, school and in the community.
2. To improve a child's self-esteem.
3. To provide resources for commercially available clothing and shoes.
4. To demonstrate no-tie lacing options that are easily accessible.
5. To provide participants with adaptive clothing resources.

3



Disclosure

- Neither I nor Los Angeles County California Children's Services are promoting these companies nor have financial gain.

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What is "No Sew and Low Sew"?

- Sewing with a needle and thread.
- The use of fabric adhesives.
- Basic straight stitch sewing with a sewing machine.

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Why adapt the clothing?

Change the environment, not the child. Focus on adapting the environment and the activity so that the child can be more successful, not more normal. Don't invest your energies in trying to "fix" the child. (Pollock & Stewart, 1998).

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Literature Review

- Participation in self-care activities or occupations depends on two primary components: ability and opportunity. (Kellebrew, 1998).
- Families of children with cerebral palsy want their children to gain independence and efficiency in self-care and mobility. Dressing was a frequent self-care priority of parents. Dressing is a complex task that requires considerable time and for older children particularly relates to their self-expression. (Chiarello, 2010)
- Teacher reported that students with Down Syndrome had a moderate challenge with the School Function Assessment Activity Performance in several physical tasks areas. Some of these areas related to self-care skills such as hygiene ("cares for toileting needs in timely fashion to avoid wetting") and clothing management ("secures shoes by tying or using Velcro"). (Daunhauer, 2014)

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Independent Dressing!



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OUTLINE

- Adaptive Clothing Resources
- Typical pants and shoes that is easily accessible for children and young adults with special healthcare needs
- No-tie lacing options
- Accessible shoes
- Belts- baseball and easy to make Velcro belts
- Sewing supplies (notions)
- Video demonstrations of pants adaptation.

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ADAPTIVE CLOTHING:

1- Limited Availability- Adaptive clothing availability is improving.

A- Tommy Hilfiger Adaptive <https://usa.tommy.com/en/tommy-adaptive> One-handed zippers, magnetic buttons, side-seam openings and wide-leg openings. COST \$30-130.

B- Zappos www.zappos.com/e/adaptive has clothing and shoes. Magnetic closures, adaptive jeans, orthotic and AFO-friendly shoes. Now sale Tommy Hilfiger Adaptive. Free shipping and returns.

C- Target Adaptive Clothing www.target.com/e/adaptive Clothing that is sensory friendly, tagless, hidden leg openings, pants with snaps or Velcro. COST \$5-30. Children's clothing only.

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ADAPTIVE CLOTHING:

D- Land's End www.landsend.com Adaptive uniform clothing for children, men and women. Magnetic and Velcro closure shirts and pants "Rip and Grip"

E- Kohl's www.kohls.com Sensory friendly clothing, tag free clothing, pullover tops and pull on pants.

F- NBZ Apparel www.nbzapparel.com Elastic waist pants and jeans for men and boys. Down Design jeans for men, women and children.


2- Selection and Style-Improving!

3- Cost- Adaptive clothing can be pricey. Adapting clothing is more economical.

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Tommy Hilfiger Adaptive Clothing



Shaquille Griffin of the Seattle Seahawks with Lyndsey.

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Adaptive Clothing



Target adapted chinos and jeans

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Land's End Adaptive Uniform Clothing



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AdaptaFit

- End the stress of getting dressed!
- Sew-in magnetic strips for shirts and pants.

•<https://www.youtube.com/watch?v=11CkrKpPrTc&t=1s>

•<https://www.youtube.com/watch?v=0N5ncToo-4c&t=1s>

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Typical Clothing

- Children and young adults with special needs want to wear the same clothing and shoes as their peers.
- The ability to care for oneself has been shown to build self-confidence and increase overall independence in ADL (Pratt & Allen, 1989).
- Male teenagers and young adults that are shorter in stature can wear larger youth sizes with an elastic waist.
- Female teenagers and young adults that are shorter in stature can wear leggings, jeggings and skinny jeans.

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The Children's Place- Boys Uniform Pull On Chino Cargo Pants



- Good color selection
- Available in slim, regular and husky up to size 18.
- Adjustable waist.
- Free shipping
- Regularly \$19.95 but always 50-60% off.

20-year-old young man with Spastic Diplegia Cerebral Palsy

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Andrew, 14 year old young man with Down Syndrome. He is wearing boys denim joggers from H and M and Arizona joggers from JCPenney.

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Lyndsey is wearing Old Navy mid-rise short jeans, not petite. Target also has short jeans available in their Universal Thread and Wild Fable lines. High rise styles also available.



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A & W, 10 year old girl with cerebral palsy, spastic diplegia. Wears bilateral ankle foot orthoses (AFO's).

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Teresa, 19 year old with cerebral palsy, spastic diplegia. Wears bilateral ankle foot orthoses with an inner boot. She prefers to wear a boot leg jean that hides her braces.

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SHOES-NIKE



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NIKE FlyEase



- FlyEase closure system connects a hook-and-loop strap to a wraparound zipper.
- Elastic lace closure.
- Orthotists accessible shoes.
- Available in kids, women's and men's sizes.
- Price \$40-130
- Can be purchased at www.nike.com and www.zappos.com

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Billy Shoes

- Available in toddler, kids, men and women sizes.
- Great selection of styles.
- Fashion + Function For All
- Available online at Nordstrom's, Nordstrom's Rack, Amazon, Zappos and Kid's Footlocker.

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SHOES-VANS

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No-Tie Laces

Silicon Laces

- Variety of brand names- Inmaker, Uniqhia, Oumers.
- Available on www.amazon.com
- All of the laces are the same just different brand names.
- Reasonably priced \$7-12.
- Variety of colors.
- Available in kid adult and adult plus sizes
- Difficult to install

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No-Tie Laces Cont.

Hickies

- Kids and adult sizes, \$11.99-\$17.99.
- Large selection of colors.
- Customize fit and tension levels.
- Available at www.hickies.com and www.amazon.com
- Lots of helpful information on their website.
- Difficult to install and they pop open easily.

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No Tie Laces- Elastic Laces



U-lace

- Individual flat elastic laces.
- Available in child and adult sizes.
- Large variety of colors.
- Available on www.u-lace.com and www.amazon.com
- Customizable.
- Very helpful website.
- Adult anchors are larger and uncomfortable, padded tongues are recommended.
- Cost-Kids \$3.99, Adult-\$4.49 per pack, 6 laces/pack.
- Need to purchase 2 packs.


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No-Tie Laces- Elastic Laces

Elastic Laces with Lace Anchors

- Variety of brands- Xpand, DB No Tie Shoelace, JZY No Tie Shoe Laces
- Use lace anchors that can be hidden inside the shoes.
- Available on www.amazon.com
- Flat shoelaces.
- Large variety of colors.
- One size fits all.
- Cost \$3.99-\$11.99



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No-Tie Laces- Elastic Laces



Elastic Laces with Lock Laces

- Variety of brands- Lock Laces, Luxsego, Udaily, Stout Gears
- Use lace locks which allow you to easily adjust the tension.
- Available on www.amazon.com
- Available at local shoe stores and sporting goods store.
- Round laces.
- Large variety of colors.
- One size fits all.
- Cost \$7.99-\$9.99

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BELTS

- Children may also need to wear belts as adjustable waist jeans may still be too big and adult size clothing is not available with an adjustable waist.
- Children may want to wear a belt.
- Children with a larger tummy might need a belt to prevent their pants from sagging.

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BASEBALL BELTS:




- Available at your local sporting good store such as Big 5 Sporting Goods or Dick's Sporting Goods
- Variety of colors
- Reasonably priced
- Extremely adjustable youth and adult sizes

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BASEBALL BELTS:



- One of Lyndsey's occupational is a baseball player.
- She wants to wear a full uniform just like her brother.

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BASEBALL BELTS



- Lyndsey wants to participate in similar community based activities as her brother.
- Landon and Lyndsey dressed in full uniforms ready for the All-Star Game.

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VELCRO BELTS

- Created out of necessity due to my daughter's body type.
- Simple straight stitch sewn with a sewing machine.
- Supplies can be found in the SEWING NOTIONS Department of your local fabric or craft store such as Hobby Lobby, Michaels or Joanne's.
- Can be embellished.
- Variety of webbing colors and styles.





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VELCRO BELT SUPPLIES

- Sew-on hook (rough) and loop (soft) Velcro
- You do not use sticky back Velcro on cloth or fabric
- Webbing available in different widths.
- Available at your local craft store such as Hobby Lobby or Jo-Ann Fabrics and Crafts Store





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VELCRO BELT SUPPLIES:

- Ask your local orthotist for Velcro scraps.



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VELCRO BELTS

- D rings purchased at local craft or fabric store.
- Check your old splinting supplies for D rings.




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Supplies Needed to Adapt Pants:


- Located in the SEWING NOTIONS Department at your local craft or fabric store.
- Sharp Scissors
- Needle-16 Sharps is a good size
- Thread

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Supplies Needed to Adapt Pants:

- *Fabric glue or adhesive
- *I prefer the small tube of E6000
- *Larger tubes are also available but the top can get hard and dry out.



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Supplies Needed to Adapt Pants:

- *Sew-on Velcro hook (rough) and loop (soft) not sticky back. You do not use sticky back Velcro on fabric.
- *Once again, can be purchased at your local craft or fabric store or ask your local orthotist for Velcro scraps.
- *Hammer and a solid surface to remove the jean button.
- *Can also cut out jean button.

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1. Remove button or snap from garment.



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2. Cut away remaining button. Try to make the hole as small as possible.

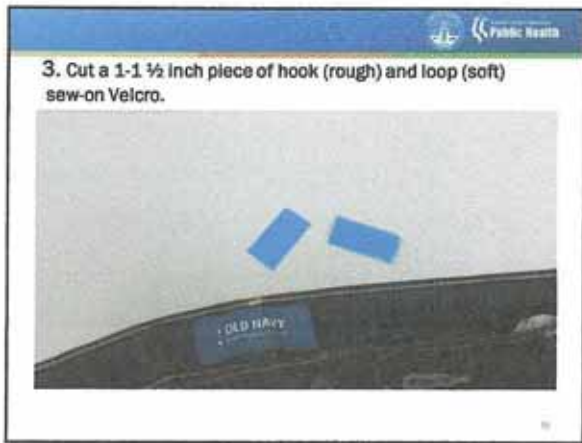


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9. Easy to install with a hammer and solid surface.

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When to stop adaptations?

- When the child/teen demonstrates readiness.
- When the parent is ready.
- Not everyone will be able to manage fasteners independently and may always need adaptive or modified clothing.

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Kai wearing an adapted shirt Aubrey wearing adapted jeans

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Michelle wearing her adapted jeans!

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RESOURCES- Adaptive Clothing and Shoes

- <https://usa.tommy.com/en/>
- [tommy-adaptive](https://tommy-adaptive.com/)
- www.zappos.com/e/adaptive
- www.target.com/c/adaptive
- www.landsend.com
- www.nbzapparel.com
- www.billyfootwear.com
- www.nike.com
- www.kohls.com
- www.amazon.com

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Typical Clothing Resources

- www.amazon.com
- www.big5sportingoods.com
- www.childrensplace.com
- www.dickssportingoods.com
- www.hm.com
- www.jcpenny.com
- www.kidsfootlocker.com
- www.nordstrom.com
- www.nordstromrack.com
- www.oldnavy.gap.com
- www.nike.com
- www.walmart.com
- www.vans.com

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YouTube Links

- Sewing 1 - <https://youtu.be/uSnCUQ88LlI>
- Sewing 2- <https://youtu.be/lbuYGIQzEtI>
- Sewing 3- https://youtu.be/ESD1S_uFNXY
- Button Removal- <https://youtu.be/lqJAQznLAA>

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Sewing Notions Resources:

- Jo-Ann Fabrics and Crafts www.joann.com
- Hobby Lobby www.hobbylobby.com
- Michaels www.michaels.com

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Thank you very much!



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