**Pilot Scheme on Training for Foreign Domestic Helpers in Elderly Care**

**Caring for elderly persons suffering from stroke - dressing and undressing techniques**

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Disclaimer

The dressing and undressing techniques in caring for elderly persons suffering from stroke demonstrated in this film serve as general reference and are for educational purposes. They may not be applicable under every situation. Please consult health care professionals in case of doubt over the applicability of the skills under specific situations.

Caring for elderly persons suffering from stroke - dressing and undressing techniques

Due to brain damages from stroke

some elderly persons may suffer from temporary or permanent impairment in mobility

which will affect their self-care ability

Caring for elderly persons suffering from stroke – putting on pull-over

We are going to introduce some techniques in assisting

elderly persons suffering from stroke to dress and undress

Caring for elderly persons suffering from stroke - putting on pull-over

First will be the procedures to help elderly persons suffering from stroke to put the top on

Let the elderly person sit stably on bed or a chair

The carer should sit on the weak side of the elderly person

If the elderly person needs to put on a pull-over

slide the sleeve on the affected side first

then put the sleeve on the unaffected side.

Pull the top over the head

and pull the top down

Adjust the front and the back of the top

Caring for elderly persons suffering from stroke - taking off pull-over

The following is the suggested procedures for taking off a pull-over

When removing a pull-over

slide it over the head first

then take off the sleeve on the unaffected side

And lastly, take off the sleeve on the affected side

Caring for elderly persons suffering from stroke – putting on clothes with front opening

We are going to introduce the techniques of putting on and taking off garments with front opening for elderly persons suffering from stroke

Caring for elderly persons suffering from stroke - putting on clothes with front opening

First will be the procedures to put on garment with front opening

Slide the sleeve onto the affected side first

Next, hold the collar with hand

Then pull the garment across the back to the unaffected side and put on the sleeve

Adjust the garment

Lastly, button up

Caring for elderly persons suffering from stroke - taking off clothes with front opening

The following is the suggested procedures for taking off garment with front opening.

Unbutton the garment.

Take off the sleeve on the unaffected side first

Pull the garment across the back to the affected side

the garment could then be taken off

Caring for elderly persons suffering from stroke - putting on pants

First is the procedure for putting on pants

Let the elderly person sit on bed or a chair

Slide the pants onto the affected leg

then the unaffected leg

Adjust the pants

Let the elderly person stand up with the support from a piece of firm furniture

Then pull the pants to the waistline

Adjust the waist tie

Caring for elderly persons suffering from stroke - taking off pants

The following is the suggested procedure for taking off pants

Unloosen the waist tie first

Let the elderly person stand up with the support from a piece of firm furniture.

Pull the pants down to the thighs.

Let the elderly person sit down with the support from a piece of firm furniture.

Take the pants off from the unaffected leg first

then the affected leg

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