

Do you support someone to get dressed?

How can you support a person to remain independent with these tasks?

Can you teach someone new ways to look after themselves?

Low risk assistive technology (AT) is designed to make tasks easier, safer and allow an individual to perform a task independently.

They are simple, low cost items that can be purchased from retail outlets, pharmacies, hardware shops and supermarkets.



Using a sock aid

A sock aid is a flexible plastic or semi flexible material attached to two long handles.

A sock aid enables a person to put on their socks without having to bend or reach to their foot.

Ensure your client is sitting when completing tasks.



Step by step instructions

1. Bring the two side edges of the sock aid towards each other to form an open-sided tube.
2. Stretch the top of the sock over the aid. You may find it easier to hold the sock aid in place in-between your thighs.
3. Pull the sock down until the aid is pushed firmly into the toe area and the heel of the sock is in line with the top of the aid.
4. Hold onto the two handles and drop the sock aid to the ground. Position your foot in the sock and tug gently on the handles.
5. The aid will then pull the sock up your foot as the aid is pulled out the sock.

Consider the training your individual client would benefit from. A combination of oral instructions, demonstrations and written instructions may be required to help your client become competent and confident using low risk assistive technology (AT).