Tips That Make Getting Dressed With RA Easier

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Keep Your Fashion Sense Intact

If you have rheumatoid arthritis, getting dressed in the morning can be trying. While this single chore can be exhausting, there are tips that can make getting ready in the morning much easier so you don't have to wear sweats for the rest of your life.

Follow these tips to make getting dressed easier.

- **Get things ready the night before.**This is a good idea if you are not as stiff at night. You can assemble what you want to wear for the next day by laying the clothes out in the order that you will put them on.
- **Take a load off.**You need not stand to get dressed. Sit down while dressing to reduce fatigue. The arm or leg that is the stiffest should be placed into the piece of clothing first. Then, when undressing, remove the stronger arm or leg first.
- **Wear looser clothing**. Clothing that has a larger opening makes it easier for you to slip on or step into them.
- **Eliminate buttons.** If you can, try to buy clothing that does not have buttons. Instead, try Velcro, hook-and-eye closures, or elastic waistbands on your clothing. Zipper-pull pants makes it easier to grip the garment. If you have to have buttons, buy a button hook.
- **Shoe and sock aids.** Buy sock and shoe aids, which are available on the Internet or through assistive device catalogs. These devices eliminate the need to stoop or bend. Have elastic shoelaces in your shoes so they easily slip on and off.
- **Big Buttons.** Try wearing a jacket with large buttons that are easy to use. You can pair it with a dress for work and remove it for an evening out.
- **Wear a jersey top.** Microfiber jersey tops that are empire-seamed fit under the bust area and covers the rest of your torso. It might feel like you're wearing a sweatshirt but you'll look fashionable.
- **Elastic paneled trousers.** These have an elastic panel in the side or back. They look great plus are very comfortable. You can keep them buttoned and when you go to wear them just slip them on.
- **A dress without the hardware.** Get dresses that do not have buttons, zippers, or any tying needed. Make sure you can just slip it on and go. For a special night out, opt for a black microfiber jersey dress. This will fit in at a wedding, cocktail party, or night out.

Other things to have as part of your wardrobe that will make life easier:

- The best bracelets to get are the ones with no clasps. Elastic bracelets are optimal for people with RA, and are great to add color to your outfits.
- Necklaces should be made to go over your head, and should be easy to put on and take off. To create a look of a multi-strand necklace, use a longer one and just double it up.
- If the weather is cooler, try tights rather than pantyhose. They are easier to put on and are more comfortable, and they don't easily run like hose so you can just pull them on.