

Clothes and getting dressed...

Seams on clothing may sometimes feel uncomfortable – if so, try wearing your socks inside out or buy clothing without seams where available.

The 'feel' of fabrics may be soothing or irritating. Choose fabrics that provide pleasant sensory input.

Labels in clothes can feel irritating – cut them out or choose clothes with no labels.

Ironing clothes and tumble drying can make them feel softer to the touch.



Some people prefer to have several sets of the same clothing. It may reduce stress because the clothes are familiar in look and feel. The pressure of choosing what to wear is reduced.

Choose clothing that is easier to put on and fasten. Elasticated waistbands, velcro, and pullover tops can all enable people to be more independent.

Freshly laundered clothes may smell different at first, and it can take time to get used to new fragrances. Perhaps wear a mixture of worn and freshly laundered clothes so there is a familiar smell. Especially if you change your detergent or fabric softener. Some people use washing nuts or laundry balls as an alternative.

Laying clothes out in the order they need to be put on can help reduce stress.