



Shepherd
Center

ADAPTIVE FASHION TIPS AND HACKS

General Tips

You don't have to buy adaptive clothing. Buy a size larger and then tuck and adjust it for whatever works for you.

If you do want a custom fit, find a local tailor to adjust or alter clothing for you.

Side guards are a must for your wheelchair. They help keep your clothes clean and keep you looking put together.

Shopping

Use Pinterest and see what styles appeal to you. Once you are inspired, you can find retailers that sell similar items.

Wear leggings while going out shopping. That way, you can throw clothes over the leggings when you try most items on.

Avoid having to use dressing rooms in stores. Buy everything you like, try it on at home and then return items that didn't work. You'll also learn your size this way so that you will know what to get the next time.

Avoid going to stores altogether. Order online and return whatever you don't like.

Pants and Shorts

Be cautious with seams. Certain pants pockets and seams can press into the skin and cause discomfort.

Consider buying pants and shorts a size larger than you need. You will get more length and room in the waist band.

Wear a belt to prevent pants or shorts from shifting around while you are in your chair.

Consider trying adaptive brands that sell pants and shorts with magnetic flies and leg openings.

Some pants can ride down in the back when you are seated. Look for high-rise pants to avoid showing more than you want to!

Leggings or jeggings are an easy-to-wear and versatile piece of clothing.

If you have jeans you love that aren't comfortable to wear anymore, get them professionally tailored. Ask the tailor to cut out the sides of the waist and replace the denim with a stretchy fabric to provide more give that you can easily pull up or down.

Shirts

If you want to avoid shirts bunching up while in a seated position, try wearing crop tops.



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Another way to avoid bunching – tuck shirts into your pants or skirts. Instead of tucking, you can even roll the end of the shirt into itself a couple of times to create the appearance of a shorter shirt.

Some adaptive brands sell shirts with magnetic buttons, making them easy-to-wear for any occasion.

Roll up long sleeves to prevent them from getting dirty on wheelchair wheels.

Baggy dolman sleeves, loose cardigans and flowy bohemian outfits can get tangled in wheelchair wheels. Make sure to test them out before committing to buying them.

Dresses and Skirts

To get more length out of dresses or skirts, buy a size larger and wear a belt to create a more form-fitting shape.

If you are wearing a dress or skirt and need assistance keeping your knees together, consider modifying an abdominal binder and tying it around your legs. Since it is used in medical settings, the fabric is good for your skin and the Velcro makes it easy to put on or remove.

Shoes

Opt for shoes or boots with zippers to make putting them on and removing them easier.

Shopping for sandals or heels? Select shoes with ankle straps that will stay on your feet firmly while in your chair.

Buy shoes that are a little larger to compensate for any swelling you may have in your feet.

When choosing shoes, make sure the material the sole is made out of grips your feet enough to stay firmly on while you move around.

Suits

If you want to be selective on what you splurge on to get professionally tailored, go with suits. Custom suit jackets, pants, skirts or dresses will ensure you look sharp.

Jackets

Jackets can interfere with wheels. Instead, try layering sweaters and shirts to stay warm while avoiding this issue.

If you do wear a jacket, try buttoning or zipping it up while moving to prevent it from getting caught in your wheels. You can unbutton or unzip it when you know you'll be stationary.

Swimsuits

Avoid choosing suits with strings that may become tangled in your wheels.

One pieces can be a good option to avoid the back of your swimsuit going down too far.



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Brands that carry adaptive clothing

[Abilitee Adaptive Wear](#)

[IZ Adaptive](#)

[Kohl's](#)

[Nike](#)

[Target Cat & Jack™ brand for kids](#) (Target also has some adaptive options for adults)

[Tommy Hilfiger](#)

[Zappos](#)

Options our interviewees enjoy

American Eagle and Express for long jeans.

Fabletics for leggings.

Levi's or PacSun for jeans.

Thrift stores can be great once you find the types of clothes that best fit your body.

Universal Thread jeggings at Target.

JoS. A Bank for suits.