

Early-Stage Parkinson's

Physical Challenges	Clothing Challenges	Potential Solutions
<ul style="list-style-type: none"> ● Unilateral Tremors ● Rigidity ● Freezing ● Sweating ● Sensory/Irritations ● Temperature regulation ● Bloating/Constipation ● Runny nose ● Exhaustion ● Quick access to medications ● Decision making 	<ul style="list-style-type: none"> ● Buttons ● Back closures ● Small fasteners ● Pullovers ● Pulling up over head ● Tying (laces, drawstrings) ● Restrictive waistbands ● Limbs getting stuck in narrow openings ● Restrictive fabrics ● Fashionable clothes ● Clothes for work, exercising, socializing 	<ul style="list-style-type: none"> ● Velcro/Magnet fasteners ● Wrap around designs ● Wide sleeves/Pant legs ● Concealed zippers to make openings adjustable ● Straps ● Pockets ● Elastic waists ● Zipper pulls ● Large buttons ● Front closures ● Elastic shoe laces ● Wardrobe capsules

Mid-Stage Parkinson's

Physical Challenges	Clothing Challenges	Potential Solutions
<ul style="list-style-type: none"> ● Cognition ● Full Body Tremor ● Full Body Rigidity ● Grip strength ● Moving arms above head ● Deep Brain Stimulus* ● Duopa pump* 	<ul style="list-style-type: none"> ● Getting confused by clothing orientation ● Soiled clothes during day (due to shaking while eating or going to bathroom) ● Being able to independently dress ● Difficult pulling up or over Slippery fabrics ● Bras with small closures ● Button fly pants 	<ul style="list-style-type: none"> ● Pashmina type bib (looks more like clothing, less like a bib) ● Bold patterns to disguise dribbles ● Absorbent fabrics ● Color coded seaming ● Easy to launder ● No magnets for DBS ● Straps on inside pants for lifting up ● Velcro fly ● Elastic waists

Advanced-Stage Parkinson's

Physical Challenges	Clothing Challenges	Potential Solutions
<ul style="list-style-type: none"> ● Balance ● Requires caregiver help ● Limited mobility ● Risk of falling ● Incontinence ● Walker or Wheelchair ● Bed Bound 	<ul style="list-style-type: none"> ● Hard for caregiver to dress ● Access to body for medical needs ● Clothes not suited for medical devices 	<ul style="list-style-type: none"> ● Wrap style ● Opening at back/Tulip opening ● Washable incontinence garments ● Stretchy fabric - or with some "give" ● Elastic ● Velcro ● Pants designed for seated positions (higher in back, accessible pockets)