
service in ACTION

Clothes for independent living: convenience fastenings

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Quick Facts

Easy slipover or slip-on clothing styles may eliminate the need for fastenings or keep them to a minimum.

Clothes with side or front openings, longer openings and fasteners within easy reach and easy to grasp can make dressing and undressing easier for the physically disadvantaged.

The usefulness of various types of garment fasteners will vary with individual preferences.

Buttons and Buttonholes

- * Large, somewhat textured buttons, are easier to grasp.
- * Buttonholes should be large enough to easily slip over the button. Sometimes vertical buttonholes are easier to manage. A buttoner, purchased or made, can assist when finger movement is limited. (See Figure 1.)
- * Elastic loops sewed into a seam or on the edge of an opening can be slipped easily over buttons. (See Figure 2.)

Easy slipover or slip-on clothing styles of knitted fabric (especially with large openings for the arms, head and legs) may eliminate the need for fastenings or keep them to a minimum.

Clothes with side or front openings, longer openings and fasteners that are easy reach and grasp make dressing and undressing easier. The following fastenings offer such possibilities and their usefulness varies with individual preferences.

This information provided by:

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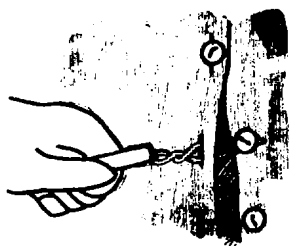


Figure 1. A buttoner.



Figure 2. Elastic loops.

- * Sew buttons on with elastic thread to slide the hand through without unbuttoning. (See Figure 3.)
- * Make a slip-through cufflink type sleeve by sewing a button on both ends of the cuff (on the right side) and attach an elastic thread chain between the buttons. (See Figure 4.)

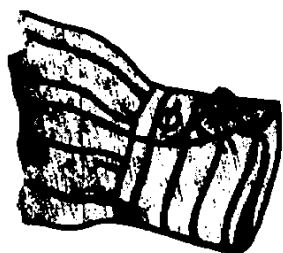


Figure 3. Sew on buttons with elastic thread.

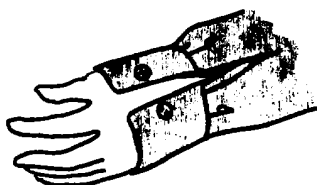


Figure 4. Cufflink-type.

Use large, trouser type hooks and bars on waistbands; several bars on the band can make it adjustable. Large hook and eye fasteners are easier to manage. There are several types of bars used with hooks. (See Figure 5.)

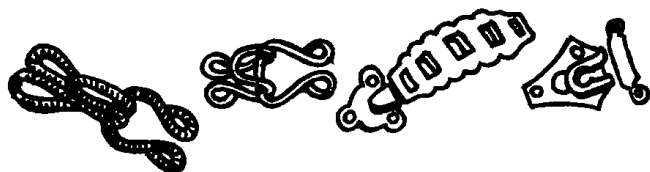


Figure 5. Hooks and bars.

Snap Fasteners

Large snaps or gripper snaps are easier to manipulate but require pressure to close. They are best used when a closing will not have much strain or tension. (See Figure 6.)

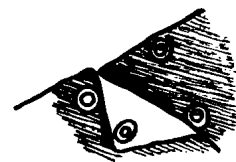


Figure 6. Snap closure.

Zipper Slide Fastenings

- * Coordinate the zipper weight and flexibility with the weight of the fabric and any strain the fastening will have.
- * Be sure zippers lock securely and slide easily; a lubrication wax can help to make zipping easier.
- * Fasten a plastic or metal ring or a thread loop to the zipper pull tab to make it easier to grasp. (See Figure 7.)
- * A thread chain loop on the garment at the bottom end of a zipper helps the person with limited hand functioning stabilize the zipper when closing it. (See Figure 7.)
- * Separating zippers can completely open a seam such as the sides of slacks or skirts. (See Figure 8.) Back zippers that are next to the skin with an underlay of fabric or tape.



Figure 7. Thread chain loop at bottom of garment.

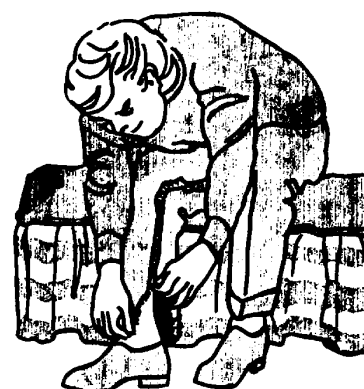


Figure 8. Separating zipper in seam.

Hook-and-Loop Pressure Tape

(A tape with synthetic-fiber hooks on one side and loops on the other that grip together and peel apart.)

Use hook-and-loop pressure tape in small pieces or a continuous strip. A continuous strip may create a stiff, non-pliable line that can be uncomfortable for the wearer.

The holding strength of such tape depends on the amount of tape used and the amount of pressure applied in closing.

- * Waistband on clothes can be adjustable with hook-and-loop pressure tape. (See Figure 9.)
- * Hook-and-loop pressure tape can replace buttons and buttonholes. To keep the "buttoned" look, remove the buttons and sew on top of the buttonhole. (See Figure 10.)
- * Use hook-and-loop pressure tape partially, or, completely open seams of slacks or skirts to insert full length front or side openings to clothes.
- * Keep hook-and-loop pressure tape closed when laundering clothes so lint doesn't collect and lessen the effectiveness of the grip.

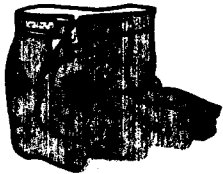


Figure 9. Adjustable waistband.

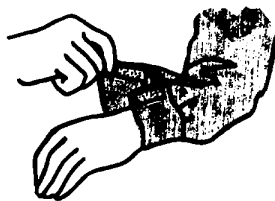


Figure 10. Hook and loop closure.