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Dressing for the Weather and Temperature

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- How do you figure out what to wear each day and night?
- How much is based on thoughtful consideration of environmental factors?
- How much is based on activities you will be doing?
- How much is based on which clothing you see when you look in the closet or on a hook near the door?
- How much is based on daily routines and habits?

It can be a challenge to plan for outdoor weather when you are inside, to anticipate what it might feel like to be exposed to 30° F or 30° C, or to even be aware of the meaning of those numbers as they relate to putting on clothing. Then, let's add in the concept of doing something active that will generate body heat versus simply going outside to sit in the park. Additionally, consider whether what you are wearing will fit under what you could possibly put on over top and if it will be difficult or easy to take off only one layer.

Here are a few possible tips that might make coping with anticipated temperatures less stressful, and more reasonable, when supporting someone living with brain changes that make it more difficult to plan ahead for differences in environmental conditions that have not yet happened or are happening on the other side of the door.

- Take advantage of newer technology in clothing and outerwear. There are now many fabrics that have a wicking/breathing action associated with them. These clothing items have the ability to shift direction of heat flow and moisture. These items are typically undergarments, but are becoming more popular as outerwear, as well. These clothing items have a secondary advantage. Because bacteria only thrive in a warm moist environment, wicking moisture away from the body decreases the buildup of body odor in critical areas.
- Change out the closet or clothes hook near exits. The purpose is to have only items that match the possible weather outside for that day or season. Providing two to three options of preferred colors and textures can offer alternatives, if options are preferred. This modification can provide choice without being overwhelming.

- Plan to carry along the outer clothing that is more likely to be needed rather than insist that it be put on prior to leaving. Consider bringing a variation to existing clothing choices along, without pointing out the errors in judgment the person may have made, so that an option can be offered when the need to change becomes acceptable rather than an argument.
- Allow the person to step outside to experience the weather prior to going out, or possibly even drop or raise the temperature in the room for a short period prior to departure time to simulate what will be happening outside. This experience can encourage clothing changes much better than your words or descriptions.
- Consider zip/clip fold-up capes, ponchos, or jackets. Here is a [Pinterest post](#) with many suggestions of possibilities. The brighter the easier to see at a distance. High contrast in color to environment could also make something more visible to the eye and interesting to touch. A carry pouch with a carabiner that is stored in a to-go bag at the door decreases the likelihood of forgetting to bring something along when leaving becomes a right-away thing while leaving hands free for guiding and supporting in-the-moment.

In the following video clip, I'll offer a few assistance tips for getting jackets on and off.