如病人活動能力較佳，可屈曲雙膝，腳踏在床上，提起臀部，照顧者再將褲頭拉高至腰部
If patient can raise their buttock, carer can pull the pants up

穿衣輔助器具 Dressing aids

扣鈕器
Button hook

鞋抽
Shoe horn

長柄撿物器
Long handled reacher

穿襪器
Sock aid

如有任何疑問，可諮詢本院職業治療師
For any enquires, please contact Case Occupational Therapist

聯絡Contact
職業治療師Occupational Therapist: ＿＿＿＿＿＿＿＿＿＿＿＿＿＿(姑娘Ms./先生Mr.)
電話Tel：＿＿＿＿＿＿＿＿＿＿

穿衣篇
Dressing

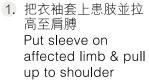病人因身體機能欠佳或腦部受損，令活動能力下降並影響自理能力，例如：穿脫衣服。以下介紹穿脫不同衣物的基本技巧。
Patients may need assistance in self care activities. Here are some techniques for dressing.

穿襯衣 Front opening garment

1. 把衣袖套上患肢並拉高至肩膊
   Put sleeve on affected limb & pull up to shoulder

2. 沿肩膊把衣服拉至健側
   Pull the garment across shoulder

3. 穿上另一邊衣袖
   Dress another sleeve

患肢

脫襯衣－病人先脫健肢衣袖，再脫另一邊患肢手袖
Undress - Take off the sleeve of the non-affected side limb first

穿汗衫 Dressing pullover / T-shirt

1. 把衣袖套上患肢並拉高至手臂
   Thread sleeve to the affected limb & pull up above elbow

2. 穿上健肢衣袖
   Put unaffected limb to the other sleeve

3. 用健肢將領口穿過頭部，將衣服拉下
   Thread collar through the head

脫汗衫: 頭稍低垂，健肢執著後頸部領口，拉過頭部
Undress: Flex neck, grasp posterior portion of the collar and unthread the trunk piece from the head and then unthread the sleeves

穿脫褲 Dressing pants

坐著穿脫褲子，比較安全。避免單腳站立或依靠在牆邊，以免因失去平衡或下肢無力而跌倒
Sit down for fall prevention. Do not dress in single leg standing or lean on wall for support.

1. 先穿患腳，把褲管套入患腳
   Dress affected side of lower limb first

2. 再穿健肢，並將褲頭拉至大腿
   Put on unaffected leg and pull up to thigh

3. 站穩 (可扶著穩固的物件或助行器)，把褲頭拉高至腰部
   Stand up (hold on steady object or walking aid for support) and then pull the pants up to waist level

床上穿脫襯衣 Dressing upper garments on bed

1. 先穿患肢，把衣袖拉高至肩膊
   Pull garment up to shoulder on affected side

2. 將病人轉向健側，拉好背部衣服，再把另一衣袖推往健側
   Roll patient to unaffected side. Pull the clothes across back

3. 將病人回復平臥，穿上健肢衣袖，再扣鈕
   Turn patient back to supine position. Put on another sleeve. Button up

脫襯衣: 病人先脫健肢衣袖，再脫另一邊患肢手袖
Undress: Take off the sleeve of the non-affected upper limb first

床上穿脫褲 Dressing lower graments on bed

1. 先將褲管套上雙腳（患腳先）並拉高至大腿
   Put legs (affected leg first) into the pants and pull up to thigh

2. 病人轉向健側，將褲頭拉至腰部
   Turn patient to the unaffected side and pull the pants up to waist level

3. 再將病人轉向患側，將另一邊褲頭拉至腰部
   Turn to the affected side and pull the pants up