

Activity 6 – Dressing and undressing

This activity assesses a claimant's ability to put on and take off appropriate, un-adapted clothing that is suitable for the situation. This may include the need for fastenings, such as zips or buttons, and considers the ability to put on/take off socks and shoes.

If an individual cannot reliably complete an activity in the way described in a descriptor then they should be considered unable to complete it at that level and an alternative descriptor should be selected.

The claimant's functional ability should be measured, not how they choose to dress e.g. if someone only wears zip up hooded tops, is this because they are unable to fasten buttons or is it out of choice? The key consideration should be the functions that are involved in dressing and undressing and how the claimant's disability limits their ability to perform those functions. Without intending to be comprehensive dressing and undressing may involve stretching, reaching, bending, gripping and other such movements.

A	Can dress and undress unaided.	0
Within the assessment criteria, the ability to perform an activity 'unaided' means without either the use of aids or appliances; or help from another person.		
B	Needs to use an aid or appliance to be able to dress or undress.	2
<p>For example: modified buttons and shoe aids.</p> <p>Consider whether the way in which the claimant uses an item is a regular way of performing the activity, in the sense that someone without any relevant impairment might also carry out the activity in that way. For example, if a claimant uses a chair or bed to sit down in order to get dressed or undressed, this is an ordinary method for carrying out such an activity, regardless of any functional impairment and, therefore, the chair or bed should not generally be classed as an aid for this activity.</p>		

C	Needs either – i. prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed; or ii. prompting or assistance to be able to select appropriate clothing.	2
‘Prompting’ means reminding, encouraging or explaining by another person. For example: may apply to claimants who need to be encouraged to dress at appropriate times, e.g. when leaving the house or receiving visitors. Includes a consideration of whether the claimant can determine what is appropriate for the environment, such as time of day and the weather.		
D	Needs assistance to be able to dress or undress their lower body.	2
Applies to claimants who cannot dress or undress their lower body, even with the use of aids.		
E	Needs assistance to be able to dress or undress their upper body.	4
Applies to claimants who cannot dress or undress their upper body, even with the use of aids.		
F	Cannot dress or undress at all.	8