

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 to use aids, or where the claimant requires prompting, supervision or assistance to dress.

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 selected.

All claimants should be measured by their level of functional ability rather than by how they choose to dress. The key consideration should be the functions that are involved in dressing and undressing and the claimant’s condition that is said to limit their ability to perform those functions.

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: button hooks and sock 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, both standing up and sitting down are usual or normal ways of performing the activity of dressing and undressing. If a claimant cannot stand for all or part of the activity of dressing/undressing, (for example due to balance or back problem) the fact that they must sit down does not mean they are not performing the activity to an acceptable standard (as dressing whilst seated is a usual or normal way to carry out the activity). Therefore, when the claimant is seated instead of standing and a chair or bed is used to sit on, then the chair/bed is NOT an aid. However, there may be circumstances where a chair/bed is used not because the claimant has a problem standing, but for some other reason and it may then be an aid depending on the circumstances.</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
<p>'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.</p>		
D	Needs assistance to be able to dress or undress their lower body.	2
<p>Applies to claimants who cannot dress or undress their lower body, even with the use of aids or appliances and require physical assistance of another person.</p>		
E	Needs assistance to be able to dress or undress their upper body.	4
<p>Applies to claimants who cannot dress or undress their upper body, even with the use of aids or appliances and require the physical assistance of another person.</p>		
F	Cannot dress or undress at all.	8