

Clothing Adaptation

Many Persons with Mental Retardation have difficulty in performing self care activities. Parents always face problems in training them in dressing independently. Hence Department of Special Education has developed a CD on Clothing adaptations for training Persons with Mental Retardation for independent dressing. Adaptive clothing is specialised clothing that is modified to enable easier dressing for people with a disability.

This CD has information on types of clothing and simple adaptations which can be easily done at home. Methods to teach dressing and undressing in a simple way is described. It shows adaptations for shirts, skirts, salwar suit and Saree and blouse.

The CD also talks about training procedures and methods for teaching grooming and plaiting skills for girls with mental retardation. It also consists information on training adolescent girls with mental retardation on menstrual hygiene management which is a matter of care and concern. The training procedures shown in the CD would be very useful for parents, special teachers and student trainees undergoing training in disability field.

Lang: English **Format:** CD **Duration:** 24 Min. **Cost:** ₹50/-

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In order to obtain these materials, you are required to send your requirement along with the payment in the form of demand draft favouring "**The Director, NIMH**", payable at Hyderabad. The prices are inclusive of postage and handling charges.

Kindly note: We do not supply our material against postal order, cheque or through V.P.P.