

## 2. Get clever or sneaky

- Wait for them to fall asleep and then remove dirty clothes from their room and replace with fresh clothes.
- Buy identical replacement outfits (same color and style) so you can replace them without your older adult noticing (if that's an issue) and so you can wash one set while the other is being worn.
- If they sleep in the same clothes they wear during the day, your only option may be to quietly replace with fresh clothes while they're bathing.

## 3. Make dressing easier

- Clear out the closet so there are fewer options and less decisions to make. And if you make sure that everything already matches, that makes dressing even easier.
- Choose clothing in favorite solid colors instead of potentially distracting or confusing patterns.
- Remove clothing that isn't appropriate for the season.
- Choose clothes that are easy to put on and take off – consider adaptive clothing with specialized fasteners
- If you lay out their clothing, do it in the same order every day.
- Give them plenty of time to dress themselves so they don't feel rushed or get flustered

## 4. Gain perspective on the situation

- Ask yourself if you're bothered by their choice of clothing because you don't like it or if there's actual soiling or odor that's causing a problem.
- Let go of embarrassment if you think an outfit isn't appropriate, but your older adult loves it (assuming it's clean and weather-appropriate). For example, your formerly conservative mom now only wants to wear sweatshirts with a picture of a cartoon character rather than a proper button-up

cardigan. The priority is for her to be clean, comfortable, and happy.

- Ask yourself if you're more concerned about following current societal norms of changing and bathing daily rather than what's needed to maintain health.

*From Daily Caring, 12/20/2018*

## DONATIONS

Alex and Jean Lewis- to support SRC

Nancy and Mike Newbill –to support SRC

Bill and Jean Pace – in honor of Pam and Dan Fentress

Beth Swanner – to be used as needed by SRC

Jim and Anne Bright – in memory of Marilyn Danner and Kermit Mitchell, Sr.

### Our Mission Statement

The Senior Resource Center aims to provide residents in Southern Virginia Beach educational seminars, physical activities and social interaction needed to live their lives to the fullest. This is a collaborative effort with the City of Virginia Beach.

The Senior Resource Center is a 501 (c) (3) corporation, incorporated in the Commonwealth of VA. Contributions to the SRC are tax deductible.

### Responsibility and Oversight

#### President

Johnnie Williams 470-7186

#### Councilwoman

Barbara Henley 426-7501

#### City Liaison

Shari Williams  
385-2175, Tue & Fri

#### Hours of Operation

Monday – Friday, 9:00 AM – 4:00 PM

During inclement weather, The SRC operates on the local school schedule.

#### Newsletter

Anne Bright 426-7832  
Newsletter Layout  
Tom Shearer 426-7831



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