



Clothing ideas for people who rip clothing

DLF Factsheet

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CLOTHING AND FABRIC IDEAS FOR PEOPLE WHO DESTROY CLOTHES

The destruction of clothing is a distressing symptom of a behavioural problem.

Garments made in strong or stretchy fabrics or clothes which are difficult to take off will not necessarily eliminate the problem since such behaviour is often one of the ways in which the wearer tries to communicate. If the wearer is unable to make him/herself understood in this way, then another equally anti-social method may be sought.

Intervention techniques can be implemented to reduce this behaviour by looking at events that trigger and reinforce it. While work is done to change this behaviour careful selection of clothing may help to reduce the costs and frustration caused.

Making sure that the wearer is involved in purchasing clothing and in choosing what to wear each day may also help.

FABRIC CHOICE

- A close plain weave of 100% man-made fibres is probably the strongest fabrics but is uncomfortable to wear and could make the wearer more destructive. A soft under garment may help to make it more wearable
- Fabrics containing elastane (lycra) may be suitable because, when strained, the yarns will stretch to some extent instead of breaking

- Fabrics with a twill weave, such as denim or drill, may be more difficult to rip

STYLE

- Short sleeves are less easy to rip than long
- Sleeves which end in a separate cuff will be more vulnerable as the seam where the cuff is joined will rip more easily than the plain fabric
- Round necklines will be harder to tear than a 'v' neck
- Decoration added to clothes may be torn off; it should always be incorporated into the garment
- Choose clothes without fasteners when possible, or fasteners in positions that are difficult to reach
- Raglan sleeves or drop-shoulders may be less vulnerable than set-in sleeves

ADAPTATIONS

- Seams should be double sewn, and all sewing well finished, particularly in the areas which are likely to be picked at
- Binding stitched around openings may help

CLOTHING IDEAS FOR PEOPLE WHO TAKE OFF THEIR CLOTHES

- Several thin layers take longer to remove than one thick layer
- Fasteners should be inaccessible and difficult to manipulate
- A close fitting swimsuit worn under the clothes and over the underwear sometimes help to slow the undressing process down, and reduces access to continence pads
- There are some companies who supply one-piece suits with back fastenings, available with long or short sleeves, and short or full length legs. These suits can be worn on their own or under clothing, making it harder for people to take off their clothes

SUPPLIERS

- Revolution Underwear make a made-to-measure Houdini Suit which is a cotton jersey one-piece suit available with long or short sleeves with a zip fastening at the back. Available in any size
- Charles Fellows Supplies Ltd makes a one piece back-fastened velour leisure suit for adults - in 100% polyester with a zip at the back from hip to neck
- Keep Clean Suits make an all-in-one suit in all sizes, with design features that make removal difficult

USEFUL ORGANISATIONS

Clothing workshops/dressmakers

Bassetlaw Fashion Services
Unit 7 Canalside Workshops
Leverton Road
Retford
Nottingham DN22 0DR
Tel: 01777 860 206

Clothing Solutions
(for disabled people)
Unit 1 Jubilee Mills
30 North Street
Bradford
BD1 4EW
Tel and Fax 01274 746 739
Email: enquiries@clothingsolutions.org.uk
Website: www.clothingsolutions.org.uk
Contact: Sandra Hunt

Special Occasions Clothes
27 Donald Road
London E13 0QF
Tel: 020 8470 4868
Contact: Cryn Horn

Specialist suppliers

Charles Fellows Supplies Ltd
Dawley Trading Estate
Kingswinford
West Midlands DY6 7BH
Tel: 01384 280273
Fax: 01384 298178
Email: sales@charlesfellows.co.uk

Revolution Underwear
22 Springwell Drive
Countesthorpe
Leicester LE8 5SQ
Tel:0116 277 5316
Email:
office@revolution_underwear.freeserve.co.uk

Clothing Advice Services

See Assist Uk website for your nearest
Centre www.assist-uk.org.uk

Clothing Advice and Information Service
The Independent Living Centre
Isca House,
Haven Road,
Exeter EX2 8DS
Tel: 01392 687 276
Website www.devon.gov.uk/ilc
Contact: Philippa Greenslade

Clothes To Suit
Posture Independence and Mobility Service
Oxford Centre For Enablement
Nuffield Orthopaedic Centre
Windmill Road
Headington,
Oxford OX3 7LD
Tel: 01865 227 317
Contact: by referral from any local health
care professional.

Style Centre
Disabled Living
Redbank House
4 St Chads Street
Cheetham Manchester
Tel: 0161 214 5959
Email: info@disabledliving.co.uk

Independent Living Partnership,
Lantern,
Meadow Farm Drive,
Shrewsbury SY1 4NG
Tel: 01743 210 820

Living
The Vassal Centre
Gill Avenue
Fishponds
Bristol BS16 2QQ
Tel/textphone: 0117 965 3651
Email: info@thisisliving.org
Website: www.thisisliving.org.uk

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**We would like to thank the Clothing
Advice Service at the Independent
Living Centre in Exeter for assistance in
updating these factsheets.**



DLF online

The majority of DLF's advice is now online. If you would like advice and support to get online or information on local courses about getting online please visit one of the following websites.

Age UK

<http://www.ageuk.org.uk/work-and-learning/technology-and-internet/>

Call **0800 169 8787**

BBC Webwise

<http://www.bbc.co.uk/webwise/>

Call **08000 150 950**

Digital Unite

<http://learning.digitalunite.com/category/using-the-internet/>

Call **0800 228 9272** Or you can write to them

Digital Unite Limited, Unit 2B Poles Copse, Poles Lane, Otterbourne, Winchester, SO21 2DZ

Go On

<http://www.go-on.co.uk/>

Call 0800 77 1234

UK online centres, The Quadrant, 99 Parkway Avenue, Parkway Business Park, Sheffield, S9 4WG

UK Online Centre

<http://www.ukonlinecentres.com/>

