



# Clothing ideas for people who rip clothing

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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 ODR  
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](mailto:enquiries@clothingsolutions.org.uk)  
Website: [www.clothingsolutions.org.uk](http://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](mailto:sales@charlesfellows.co.uk)

Revolution Underwear  
22 Springwell Drive  
Countesthorpe  
Leicester LE8 5SQ  
Tel:0116 277 5316  
Email:  
[office@revolution\\_underwear.freeserve.co.uk](mailto:office@revolution_underwear.freeserve.co.uk)

KC Sleep Suits  
6 Mountain Ash  
Rooley Moor  
Rochdale OL12 7JE  
Tel: (01706) 340682)

Clothing Advice Services

See Assist Uk website for your nearest  
Centre [www.assist-uk.org.uk](http://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](http://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](mailto: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](mailto:info@thisisliving.org)  
Website: [www.thisisliving.org.uk](http://www.thisisliving.org.uk)

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380-384 Harrow Road,  
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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.**

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We hope this factsheet has proven useful to you. If you would like to help the DLF continue to provide valuable information such as this, you may wish to consider making a small donation towards our work. As a charity, we rely on the generosity of the public to help us continue to help older and disabled people lead independent lives.

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380-384 Harrow Road, London W9 2HU**

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