

# SEQUENCE STEPS FOR DRESSING



## Getting Dressed



### Changing your diaper

- 1 Take off shoe
- 2 Unbutton pants
- 3 Unzip pants
- 4 Take off pants
- 5 Take off diaper
- 6 Wipe and wash hands

### Changing your pad

- 1 Pull down pants and underwear.
- 2 Pull off used pad.
- 3 Roll up used pad.
- 4 Wrap pad in toilet paper.
- 5 Put pad in trash.
- 6 Get a wipe. Clean your vagina and inner thigh

### Changing your underwear

- 1 Take off shoes
- 2 Unbutton pants
- 3 Unzip pants
- 4 Take off pants
- 5 Take off underwear
- 6 Wipe and wash hands

# Getting In Step

**J Elliott**



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