



Independently putting on and off compression stockings



You have been wearing compression stockings for a long time. A healthcare professional (district nurse or caregiver) will visit you to help with your compression stockings. We know that many people can put on and take off compression stockings themselves with the right tool. The district nursing team estimates that you will also be able to do this yourself with the help of a tool. They will help you achieve this together with the occupational therapist.

How are we going to do this?

You will be asked to schedule an appointment with an occupational therapist. We recommend that a relative is also present. The occupational therapist will assess what possibilities and limitations you have. Based on that, the occupational therapist will advise which tool suits you best. There are many tools that can support you in putting on or taking off the stockings. If you have little strength in your hands, you will need a different tool than if you cannot bend forward well or have other limitations. The occupational therapist will ensure that the right tool is ordered and delivered.

Practicing together

Even after the tool has been delivered, the healthcare professional will continue to visit you. Instead of the healthcare professional putting on the compression stockings, you will do it yourself using the tool, possibly with help from a relative or the district nursing team. This will continue until you can do it without assistance from the healthcare professional.

If the healthcare professional also supports you with other care, you will continue to receive that care even after you can independently put on or take off your compression stockings. If you ultimately really can't do it, you will continue to receive care for putting on and/or taking off the compression stockings.

Why are we doing this?

Being able to independently put on or take off compression stockings gives you more freedom to organize your day. You decide when to put them on or take them off, and you no longer have to wait for the district nursing team. Additionally, this allows the district nursing team to allocate time to the most vulnerable people in the area.

More information can be found at:



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