EXPLORING CLOTHING AND TEXTILES EDUCATION FOR SELECTING CLOTHING FOR THE RETIRED WITH SPECIAL NEED

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Abstract
This paper focused on exploring Clothing and Textiles education for selecting clothing for the retired with special needs. Physical disabilities can be acquired unexpectedly through an accident, natural (be born with), or develop over time as a result of a disease or sickness. This paper discussed adaptive clothing, persons that can wear adaptive clothing, easy wear bras, open sweater, clothing communication, psychological and social comfort, functions and easy dressing. The paper concluded that there is the need for Clothing and Textiles professional to care for the clothing needs of aged retired individuals with disabilities. Their dressing should offer utmost comfort, easy and enhance their personalities. Adaptive clothing should be selected for the retired individuals with disabilities. It was recommended that clothing and textiles students/professionals should set up outfits to cater for people; normal and those with disabilities.

Keywords: Textiles, Education, Retired, Disabilities, Aging

Introduction
Clothing and Textiles Education is a major course in Home Economics that is offered in schools - secondary and tertiary institutions in the world. In Clothing and Textiles education, courses such as fibre, fabrics, care and maintenance of clothing, laundry, clothing construction, stain and stain removers and clothing storage, among others are taught. In this study however, selection of clothing for the retired with special needs will be the focus. Caring for and selecting of clothing, needs knowledge of a specialist on Clothing. Desiree & Workman, (2003) opines that those educators in the field of clothing and textiles have a new challenge in the twenty-first century: ensuring that the next generation has the literacy and technological skills necessary to succeed in a technologically sophisticated world. Providing a variety of diverse learning opportunities in Clothing and Textiles education open new doors on how to select clothing for the retired with special needs or disabilities. To select clothing for retired with special needs, adaptive clothing becomes an option for ease, comfort, social and physical well-being. According to Van, (2018) Adaptive clothing can have a tremendous positive effect on an individual with disabilities, mental and physical well-being, for several reasons as;

- Independent dressing gives wearers more control over their daily routines. People who find themselves unable to perform tasks that they once took for granted may find this method helpful in easing the emotional toll this has on them.

- The ability to dress in a way that expresses a person's identity can help restore a sense of belonging for those who wear it.

- As a result, caregivers don't have to spend as much time and effort helping patients get dressed.

Concept of Retirement
Retirement from full-time paid employment is a time that marks the beginning of a life transition. Chombo, Mubita & Akakandelwa (2018) agreed that retirement is characterized by changes in a variety of ways such as a change in value, habits, daily routine, self-concept, lifestyle, living arrangement, financial adjustment, clothing adjustment in terms of age. Chombo et.al (2018) identified three forms of retirement namely; voluntary, compulsory and mandatory. In Zambia and Nigeria for example, an officer is expected to retire on the sixtieth or sixty-fifth year of age. For University staff in Nigeria, seventy years is used for retirement. At the age of retirement especially for those with special needs or disabilities, clothing selection becomes a challenge and the need for someone with knowledge of clothing comes handy. Usoroh & Akpan (2015), stated that as retired persons with disabilities age, they become frail. Their health status starts to
depreciate as a result of degenerative illnesses and they have increased aches and pains. As such, the selection of clothing to wear becomes a challenge.

Disabilities
Physical disabilities can be acquired unexpectedly through an accident, be born with, or develop over time as a result of a disease or sickness. Decisions concerning clothing are particularly affected by physical disabilities in daily life. According to Kaka (2015), as retired individuals, the need for assistance in clothing selection arises. If left alone, the tendency of wearing shabby and unclean garments will also arise. The retired with physical disabilities, most importantly needs clothing for comfort. According to Varshney, Kothari, & Dhamija (2017), clothing provides the following:

Aesthetic comfort; Aesthetic comfort is necessary for psychological and social comfort. This is needed by the retired with disabilities to keep up with society outings and the feeling of goodness within.

Thermo regulation in humans and thermo physiological comfort; thermo physiological comfort is the capacity of clothing material that makes the balance of moisture and heat between the body and the environment. There is the need for this balance for the retired with disabilities to be very comfortable and happy. Comfort according to Song (2020) is related to various perceptions, physiological, social, and psychological needs. In selection of clothes for the retired with disabilities the various comfort needed in clothing must be met to assure the wellness of the retired individuals with special needs. Das & Alagirusamy (2011), stated that clothes can be selected for the retired with disabilities that;

- Look good,
- Fit,
- Feels comfortable,
- Help the individuals to be more independent,
- Emphasizes what one wants to emphasize,
- Conceals what one wants to conceal and

Adaptive Clothing
Adaptive clothing helps in no little measure in dressing up the retired with disabilities. Medical professionals, professional caregivers and family caregivers alike can benefit immensely from the benefits of adaptive clothing, as it makes their job simpler and safer. Retirees with impairments who wear adaptive appeal and sensory friendly clothing are less likely to get injured (Sliver, 2020). Care for disabled retirees’ stresses social and personal requirements for dignity while requiring support with everyday activities, health care, and dress selection (Kijiong, 2011). The adaptive designs of adaptive clothes give disabled persons with a simple dressing option. Clothing for disabled retirees should include wide neck openings and easy-to-open button trousers or waist bands so that they may dress and undress without difficulty. Open-back shirts, side-opening slacks, concealed magnetic snaps fasteners in place of traditional buttons, and simple touch closures in footwear are all examples of adaptive clothing. All of these attributes make it possible for those with disabilities who have retired to dress with dignity, ease, and elegance.

The persons that can wear adaptive clothing
Age, type of disability, degree of independence, mobility, and dexterity, as well as the need for a caregiver's assistance in getting dressed, all have an impact on whether or not a person needs specially designed adaptive clothes (Song, 2020). Adaptive clothing can help the elderly, the disabled, wheelchair users, the elderly with restricted mobility, and the infirm who need help dressing themselves. Adaptive clothing is for those people who don't want to deal with the discomfort and strain of dressing themselves. Van (2018), opines that the inability to fasten buttons or zippers owing to a loss in fine motor skills and motions with the hands and fingers is one of the most challenging aspects of dressing oneself. Solutions for self-dressing or undressing are provided by materials such as Velcro, quick access snaps, side zippers, and stretch fabrics. Heriques (2018), states that adaptive clothing options provide a number of advantages;

- magnetic closures,
- open back tops,
- side open pants with zipper,
- elastic waist pants,
- anti - strip jump suits and
- incontinence clothing.

Easy Wear: Bras are already tricky enough to put on even when mobility is not limited. Many aged, retired with disability women find it more comfortable to switch from under wire bras to wire-free designs. If they still prefer clasps, then a front closure bra may be right choice for them. If the
option is clasp-free, then a soft pullover lounge bra will be a very good option Robert, (2008).

**Open Sweater:** Aged retirees with disabilities are more sensitive to temperature changes and get cold more easily, which is why it is so important to have layers to stay warm. Van (2018) suggests that open front sweaters with wide sleeves, that is easy to slip into and out of should be recommended for ease and comfort. Older individuals may also like to wear another layer of under wear to keep warm - increased cold sensitivity is a normal part of aging but it can be a sign of health problems. The caregiver should thus take the aged to see a doctor if the signs persists.

* Soft elastic waistbands that do not slip down are helpful for the retired individuals with health challenge and disabilities, especially those on wheelchair. Soft and stretch fabrics without tags and sewn with flat seams, helps to prevent chafing and allows for ease of movement.

* Strategically placed zippers also provide easier access.

* Shirts with magnetic closures exist for people with arthritis or quadriplegia who struggle with traditional buttons.

* Adaptive under wears with clasps on both sides, made with moisture wicking Cotton fabric with cotton liner. It can be put on standing up, lying down or sitting. It is good for wheelchair users. Hendriksz (2017).

In specific conditions such as:

**Odema:** According to Henriques (2018), swelling of the feet and legs leads to difficulty wearing conventional footwear or pants. Adaptive shoes and pants adaptable in size will help the retired, offer non restive closures, will also help compression socks and clothing improve blood pressure flow and reduce odema.

**Incontinence:** Finnane (2008) continued that, to reduce the challenge of the retired suffering from incontinence, adaptive clothing that can aid bladder control and urgency will help.

**Parkinson's Disease and Arthritis:** This is loss of fine motor skills. Clothing sewn with button and zippers should be replaced with easy touch Velcro or magnetic closure, Cubric & Skenderi (2013).

**Clothing Communication**

Clothing is a form of nonverbal communication that tells about an individual's personality and how they feel. Clothing always tells something about the individual wearing the clothes. The question is, what story do individuals want to tell about themselves in the clothing they are wearing? How do they want to appear before others? Clothes help make an impression on others. In contrast to males with impairments, women with disabilities were shown to have a negative impression of their own mental competence when they wore outmoded clothing, according to Brown (2020). As a result, clothing is crucial, as it has a significant impact on communication. A person's physical, psychological, and social well-being are all influenced by their clothing. Physical comfort can be achieved by wearing a warm winter coat, for example. The weight, mass, and flexibility of the fabric, as well as its texture (smooth, slick, or abrasive), all contribute to the wearer's level of physical comfort. Clothing for the elderly and disabled retirees should not be too tight or constricting. The choosing process should prioritize the utmost ease for the user.

**Psychological Comfort**

When someone feels good about themselves and confident in their looks, they are experiencing psychological comfort. Many criteria, such as needs, aesthetics, and comfort, play a role in clothing selection. Whether it’s to meet a basic need, make a good impression, or stay safe, wearing something that’s comfortable is a necessity. When someone is wearing a garment, they should feel at ease and at peace with themselves as a result of that garment’s psychological comfort. Psychological comfort, according to Ibeh (2019), is the absence of worry in a certain moment. Comfort, according to Lumbos, is the lack of any perceived pain or discomfort that one experiences. As a result, a person's happiness with their clothing indicates a level of physiological, and physical balance.

A person's age, health, surroundings, weather and other factors all play a role in determining what kind of clothes they should wear. Assessing psychological well-being can be difficult since what is suitable for one person might not be suitable for another. Consumers' lifestyles have a significant effect on the type of clothing they wear and the level of comfort they experience.
Social Comfort
Stevens (2008) says clothing contributes to social comfort when it helps an individual with or without impairments feel at ease in a group, allowing them to engage with others comfortably. Clothing can signify one's affiliation with a certain group or organization. A garment having a monogram on it, for example, can demonstrate membership in a group. The social and communicative roles of uniforms are intertwined. People of all ages and abilities may benefit from a wide range of clothing styles and materials that promote well-being on all fronts: physical, psychological, and social.

Thermal Comfort
Thermal Comfort is one of the most important aspects of clothing for human physiological needs. Clothes' heat dissipation effectiveness, according to Gilligan (2010), offers the wearer a neutral temperature sensation. The ideal temperature for thermal comfort of the skin surface is between 28 and 30 degrees Celsius, for example, neutral temperature, according to Gilligan (2010). opines that thermo physiology reacts anytime the temperature goes below or surpasses the neutral point on either side, it is unpleasant below 28 and over 30 degrees. As a result, thermal clothing keeps the skin dry and cold, which is especially helpful for the retired with impairments.

Tactile Comfort:
Au (2011) explains tactile comfort as a person's tolerance for friction-related pain when wearing clothes. To put it simply, it has to do with the quality of the fabric utilized in the outfit. Individual differences in tactile discomfort can be attributed to a wide range of factors, including allergies, skin abrasion, prickling heat, coolness, and the weight, structure, and thickness of the fabric used in the garment. Das & Alagirusamy (2011) claimed that certain surfaces can improve tactile comfort. Clothing having a tactile comfort factor, such as fleece sweatshirts and velvet suits, can be classified as such. Tactile comfort clothing is an option for the disabled retiree.

Features to consider when choosing clothes
For attractive appearance: to choose clothing for attractive appearance, according to Henriques (2018) consider:
• The use of color, design, and pattern to convey one's individuality
• Colorful colors and designs to enliven the mood
• Contrast patterns and vivid colors draw attention to the areas of the body they cover, so utilize them to highlight your greatest assets.
• Attention-grabbing lines in clothing draw attention to the greatest parts of an outfit.
• To help cover a waistlines and irregularities in the hip, try Boxy jackets.
• Unique buttons or thread markings sewed within the hems of clothing to be worn together, to aid match the ensemble by touch, for those who are blind or have limited eyesight.

For Function and easy Dressing: In considering function and easy dressing, Gavin (2018), and Kijiong (2011) stated that the retired with special health needs should choose the following clothing:
• Clothes with easy to manage fasteners and closures,
• Shoes that fasten with velcro fasteners,
• Large and expandable neck openings,
• Ease or fullness in the shoulder area,
• Large armholes and sleeves,
• Drop-front slacks for men to make for easy changing of ostomy pouches and
• For people who use wheelchairs; extended back rise pants to avoid gaps at the waist from pants pulling down.

For convenience and care
When choosing clothes for convenience and care the following clothing should be considered:
• Printed fabrics, they show soiling less readily than solid colours
• Uneven-texture fabrics, they show soiling less readily than smooth-textured fabrics.
• Fabrics that do not need iron such as knits or durable press cotton/polyester blend
• Sued shoes that do not need Polish.

For Safety
Consider the following clothing for safety:
• Sturdy, supportive, non-slip shoes and slippers
• Garment lengths that prevent entanglement in wheelchairs, braces or other appliances.
• Flame resistant fabrics, particularly for individual who smoke or have limited mobility.

It is important to note that retired individuals with disabilities may need different types of clothing for long time. But the facts remains that ages with disabilities always want to be attractive in appearance and comfortable, with functional, easy to manage and safe clothing.

Benefit of adaptive clothing for the retired with disabilities
Retirees with impairments and mobility challenges can maintain their physical and social well-being and independence by wearing specially designed adaptive clothes. An article in Applied Ergonomics (2017) found that the absence of adaptive clothes was cited by persons with disabilities, their loved ones, and caregivers as a barrier to participating in social activities, attending special events, and working out. Individuals with physical disabilities, mobility issues, or other health ailments may benefit from adaptive clothing options. Arthritis, Parkinson's disease, dementia, and edema are just a few of the conditions that might benefit from specially designed adaptive clothes. Adaptive styles that are well-designed allow people with disabilities to continue to dress themselves, regardless of their health conditions.

Clothing and Textile Curriculum
Clothing and Textiles is one of the foundational courses in Home Economics, Family and consumer Sciences, and Human Ecology (new names for Home Economics). According to The University of the State of New York (2020), clothing and textiles explores clothing history, culture, design principle, equipment, clothing construction, clothing maintenance, clothing adaptation and career pathways, as well as current issues of concern to the industry and society in general. Clothing and Textiles is a suggested prerequisite for all other courses in the clothing and design learning strand. Clothing and textiles remain an important part of a person's image. Wearing appropriate clothing for different age, sex, special needs, disabilities, social outing, workplace, becomes a skill that students need to develop. It becomes important therefore to include selection of clothing for the retired with special needs or disabilities in the curriculum.

The present Clothing and Textiles curriculum's problems is that the curriculum appears to be too long and the teachers hardly are able to complete the curriculum. Inadequate curriculum, inadequate topics, unprepared instructors and lack of pedagogical skills among teachers, lack of funding, and teachers' inability to improvise and employ instrumental resources are all examples of curriculum impediments. In order to alleviate these issues, it is critical that highly-qualified educators, ample instructional time and resources, as well as effective education, be utilized. High-quality teaching tools such as computers should be made available, and scholarships for Clothing and Textiles instructors should be made available on a regular basis. Including the presence of specialists in the field of clothes selection for different persons would increase productivity.

Implication for Clothing and Textiles educators in selecting clothing for the retired with disabilities
Clothing and Textiles: A major course in Home Economics education deals with theories of clothing, uses personal body measurement to construct basic block patterns, adaptations and manipulations of the basic patterns into different styles of garment for individuals; normal and those with disabilities. The knowledge of Clothing and Textiles skills helps students; future professional to understand and identify fabrics, the different weathers in which each can be worn, and designs and styles that can suit individuals, including those with disabilities. Clothing enhances people's appearance, moods, comfort and acceptability. People with disabilities like to be accepted, loved and belong. Selecting the right clothing for them, therefore helps them fit in.

Conclusion
There is a need to provide Clothing and Textiles professionals with opportunities for long life learning, professional development and access to a forum whereby they can influence policies, on the care of the retired with disabilities. The aged individuals need good dressing that will enhance their personality to give maximum comfort. Adequate knowledge of Clothing and Textiles will enhance therefore the clothing need of the retired with disabilities.
Recommendations
It is therefore recommended that:

- Clothing and Textiles students and professionals should set up outfits where clients can come for consultation.
- Government should encourage Clothing and Textiles students/professionals by giving soft loans to buy needed equipments.

References


