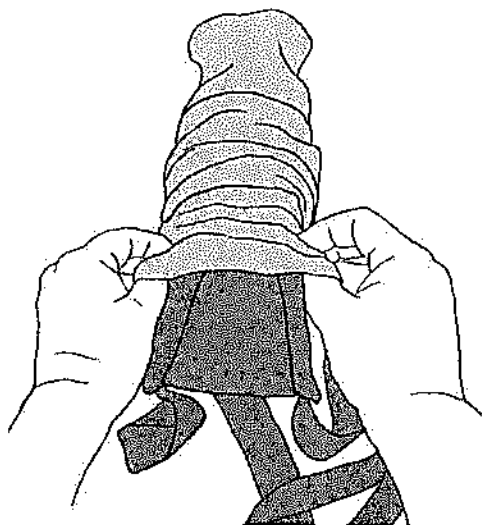


Interior Health  
*Every person matters*

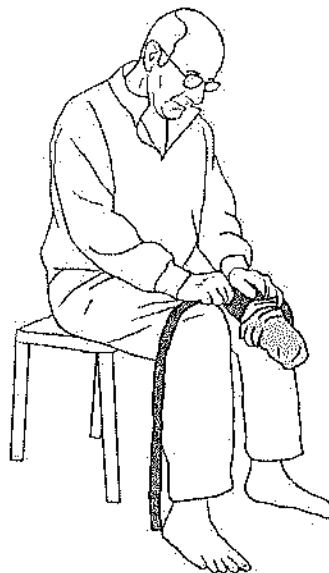
## Occupational Therapy TOOLKIT

**Put On and Take Off Socks and Shoes  
Using Dressing Tools**

1. Gather a sock over the sock aid.



2. Hold onto the straps and lower the sock aid to the floor.



3. Place the sock aid in front of your foot.



4. Point your foot and pull the sock aid over your toes.

