THREAD

Adaptive Dressmaking

A practical guide with construction and sewing instruction for learners and professionals

Erasmus+ 2025-1- RO01-KA210- VET- 000352985

Co-funded by the European Union

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THREAD

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Dear Readers



Thread Inclusion was born from a desire to create clothing designed specifically for people with disabilities both physical and intellectual that meets their practical needs while also embracing aesthetics and creativity.
When we set out to build this project, we could not have imagined how deeply the stories of the individuals we met would touch us, even on a personal level. Working closely with people with disabilities means, first and foremost, learning how to listen. It means slowing down, paying attention, and truly understanding the needs that lie behind everyday actions even the simplest ones, such as putting on a jacket, buttoning a garment, or having to choose a functional piece at the expense of its appearance (or vice versa).

Stepping into a workshop where sewing becomes a tool for autonomy and dignity changes the way we see the world. Every detail matters: a seam that doesn't irritate the skin, a fastener that is easier to use, or a tactile label for someone who cannot see.

Exploring tailoring techniques that demand such precision and care is not just a professional challenge; it is a profoundly human experience. It pushes us beyond our comfort zones and reminds us that true innovation stems from empathy.

This project is about more than just fashion or vocational training. It is about respect, inclusion, and the courage to create something that can genuinely improve people's lives.

Through this guide, we share the practical knowledge gained during the THREAD project, from adapting patterns to constructing garments that respond to different needs. We hope it will serve as a useful learning resource for sewing learners, tailors and fashion designers who wish to make clothing more accessible.

Dana, Domenico
Tiziano



Many people with disabilities face difficulties finding clothing that meets their individual needs, particularly garments that combine comfort, functionality and personal style.
In Romania, in particular, there are no tailoring workshops specifically dedicated to producing garments for people with special needs. This gap is not merely a market shortcoming; it is, above all, a cultural signal: fashion, which should be an expression of identity and inclusion, too often continues to exclude those who would most benefit from attention and personalization.

It is from this awareness that a project has emerged, aiming to transform a void into an opportunity. The initiative seeks to develop and implement a vocational training program focused on the production of adaptive garments designed for people with physical and visual disabilities. This is not simply about "adapting" existing clothing, but about rethinking the creative and technical tailoring processn from pattern design to material selection, and down to the functional details that make a garment comfortable, easy to wear, and, in the case of visually impaired individuals, easy to identify.

The project's primary objective is to strengthen the professional skills of seamstresses within the partner organizations by training at least five professionals who will, in turn, be able to train additional participants. At the same time, twenty new trainees will be prepared, helping to build a new generation of specialists capable of developing tailored patterns specifically for people with disabilities. The program will culminate in the creation of a detailed technical guide containing instructions for ten dedicated patterns, as well as a demonstration collection of 10 adapted patterns and 15 garments produced collaboratively by trainers and trainees.

Yet the impact of the initiative extends beyond its technical dimension. Through a joint social media awareness campaign led by both partners, the project aims to shed light on the often-overlooked needs of people with disabilities and to spark broader reflection within the textile and fashion industries. Another key goal is the creation of a transnational network of specialists in adaptive clothing, encouraging the exchange of best practices among organizations from different countries.

An additional and meaningful dimension of the project is the partecipation of two Ukrainian refugee women currently living in Romania and Italy. Their involvement in the training and production activities offers a tangible opportunity for social and professional integration, enabling them to acquire marketable skills and build pathways toward economic independence for themselves and their families.

At a time when inclusion and diversity are frequently invoked in public discourse, this project chooses to translate those values into concrete action. Through training, direct collaboration with people with disabilities, and the engagement of refugee women, it demonstrates that fashion can become a powerful tool for empowerment and social cohesion. Because clothing is not merely a necessity it is dignity, identity, and participation.



Learning from Lived Experience

In the photo: Petra, a woman with a visual impairment who actively contributed to the THREAD project by sharing her experiences and everyday clothing challenges.

The garments she is wearing were designed and sewn specifically for her as part of the project. A tactile embroidered marker was added at the back of the neckline to help her distinguish the front from the back by touch. The adaptive pinafore dress features an overlapping flap closure secured with sew-on snap fasteners, allowing it to be opened and closed with gentle pressure.

Petra's involvement helped participants understand how thoughtful adaptations can improve independence, comfort and accessibility without compromising the appearance of a garment.



Learning together, Creating Change

When we began this project, we did not anticipate how deeply this experience would influence us, both personally and professionally. Working closely with people with disabilities taught us, above all, the importance of listening. It meant slowing down, paying attention and understanding the challenges behind everyday actions, even something as simple as putting on a jacket or fastening a button.

Working together in the sewing workshops changed the way we approach our profession. We learned that every detail matters: a seam that does not irritate the skin, a fastening system that is easier to manage, or a tactile embroidered marker that helps a person with a visual impairment distinguish the front of a garment from the back. These seemingly small adaptations can make a meaningful difference in everyday life.

Throughout the project, we exchanged knowledge, developed new technical skills and learned directly from the experiences of people with disabilities. Finding solutions that combine comfort, functionality and aesthetics challenged us to think differently and reminded us that good design begins with understanding people's needs.

THREAD has been much more than a professional training experience. It has brought people together, encouraged collaboration and shown us how sewing can contribute to greater independence, dignity and inclusion.

ADAPTIVE GARMENT CONSTRUCTION GUIDE

This catalog presents the garments developed as part of the Thread Inclusion project by program participants, learners from Beg InduCataleya Academy (Romania) and Momo School (Modena, Italy).

The projects illustrated in the following pages explore various types of disabilities and conditions, including Parkinson's, motor and cognitive disabilities, blindness, and skin conditions, with the aim of offering adaptive clothing designed to meet the specific needs of people living with these conditions.

Each condition has been carefully studied, including through direct discussions with people who experience them firsthand. For each project, the design of one or more garments and the related patterns have been developed, with the aim of offering concrete and functional solutions that combine comfort, practicality, and independence.

The following pages contain instructions for making the garments presented in the various projects. For each project, the illustrated process will guide the reader through the main production phases: from the pattern creation diagram, shown for illustrative purposes and not to scale, to the cutting of the fabric and the final garment assembly.<r

The goal is to provide a practical and accessible tool for tailors, pattern makers, designers, and industry professionals, enabling them to reproduce the proposed solutions, adapt them to individual needs, and develop new ideas in the field of adaptive clothing.

The catalog's thematic areas:

- Parkinson's Disease
- Motor Disability
- Epidermolytic Hyperkeratosis
- Visual Impairments
- Cognitive Disability

Through this catalog, Thread Inclusion aims to share knowledge, skills, and experiences, promoting a more inclusive fashion, attentive to individual needs and capable of concretely improving people's quality of life.

For each garment, read the purpose of the adaptation and study the pattern before cutting. Prepare the fabric, transfer all notches and markings, and follow the assembly operations in sequence. Check the finished garment with its intended wearer.



PARKINSON'S DISEASE

Brief introduction to the disease and description of the article designed

Parkinson's disease is a neurodegenerative condition that primarily affects movement control. Tremors, muscle rigidity, slowed movements, and reduced coordination can turn simple daily actions into real challenges. Even getting dressed—buttoning a shirt, closing a zipper, or pulling on trousers—can become frustrating and diminish a person's sense of independence.

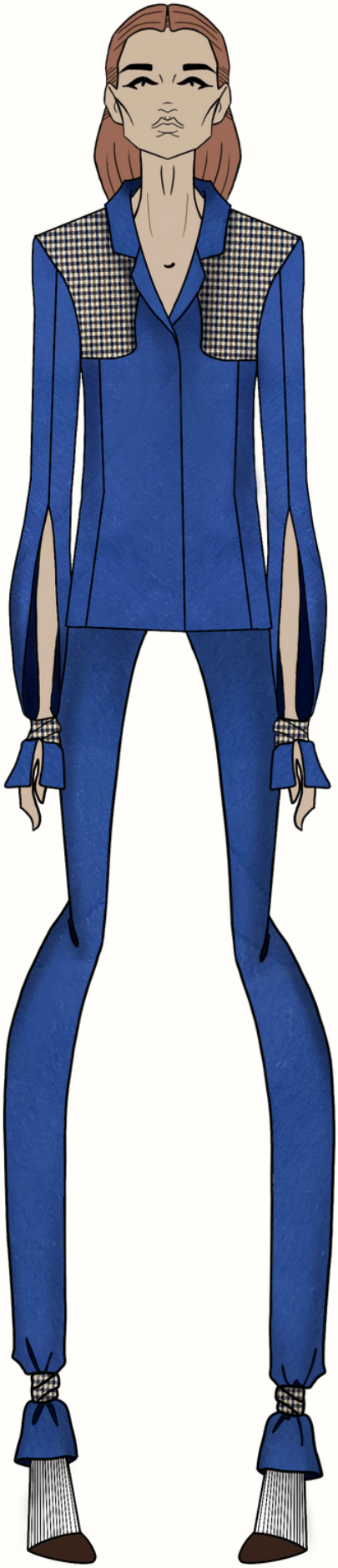
Starting from a careful understanding of these difficulties, we developed a clothing proposal designed to simplify everyday dressing without sacrificing elegance. The look we created is made from soft, comfortable fabric that is gentle on the skin and easy to wear. It includes a blazer/shirt and trousers designed to be put on and taken off effortlessly, thanks to magnetic buttons that replace traditional, more complex fastenings, and the elimination of difficult zippers.

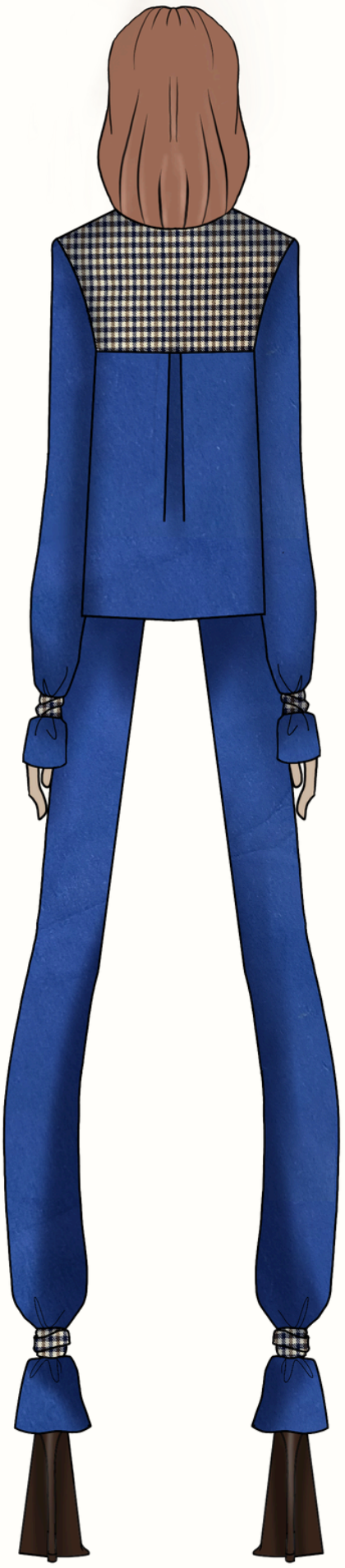
We also added adjustable ties at the ankles and wrists to make opening and closing the garments easier, offering greater autonomy and practicality. The goal is simple yet essential: to restore comfort, confidence, and dignity through thoughtful and functional tailoring solutions.

A second look is a shirt designed to support independent dressing for people living with Parkinson's Disease, taking into account common challenges such as tremors and reduced fine motor control.

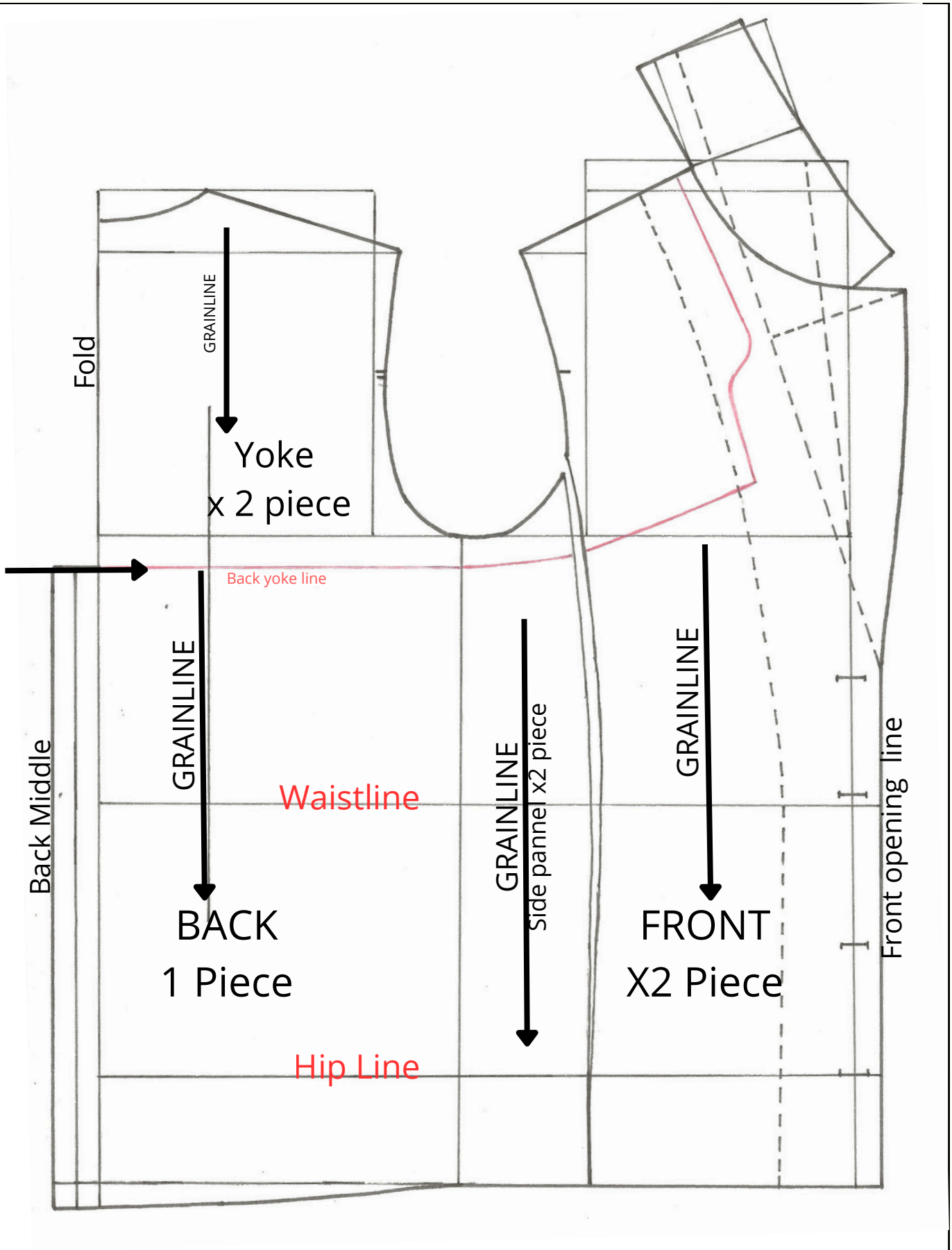
The traditional button closure is replaced with a magnetic fastening system, allowing the garment to be easily opened and closed without requiring precise finger movements.

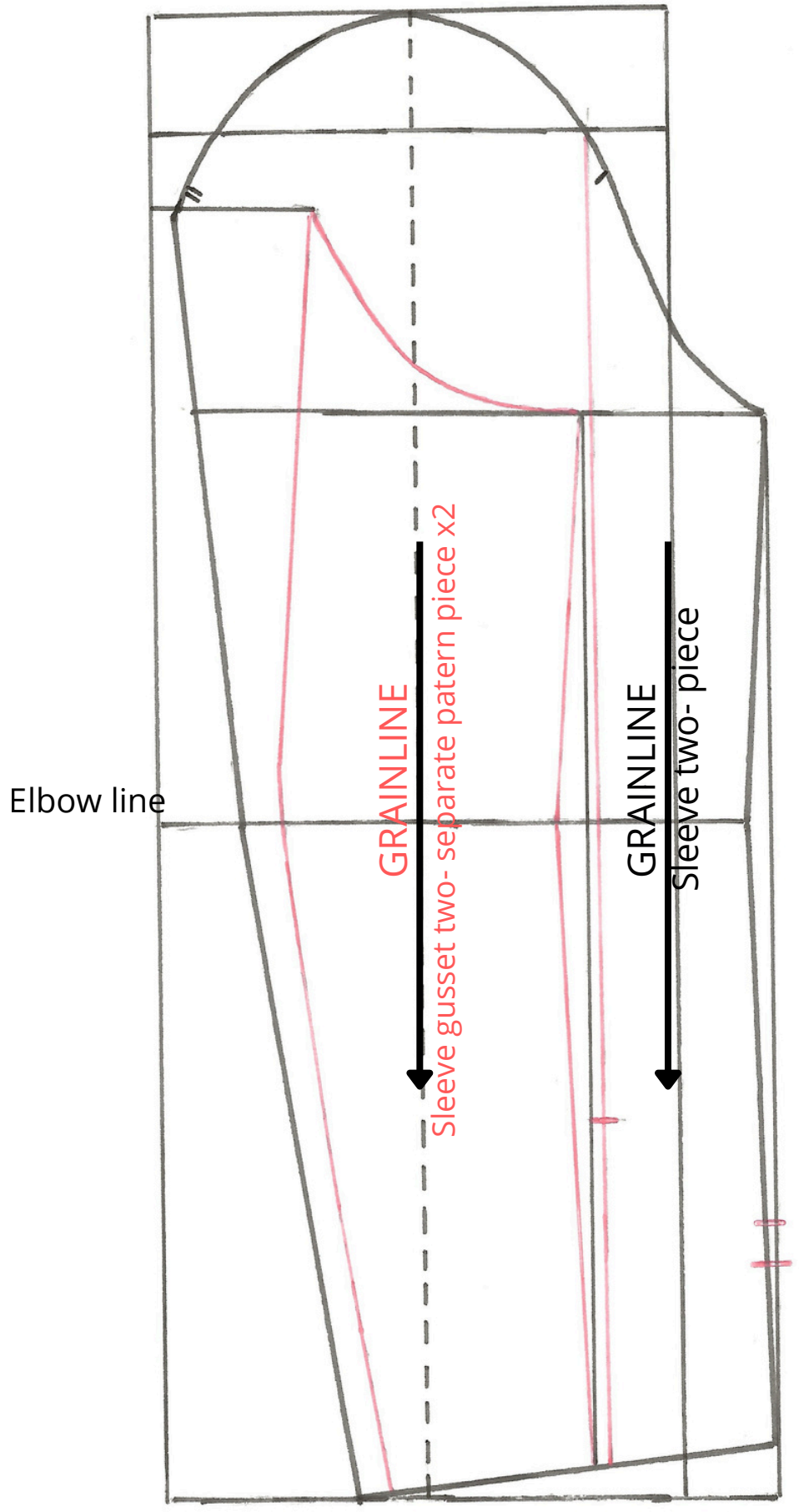
The shirt maintains a classic and discreet appearance, avoiding a medical look while ensuring comfort and usability.





THREAD


Fold
GRAINLINE
Yoke
x 2 piece
Back yoke line
GRAINLINE
Back Middle
Waistline
BACK
1 Piece
GRAINLINE
Side pannel x2 piece
GRAINLINE
FRONT
X2 Piece
Front opening line
Hip Line



Note: The diagram is for illustrative purposes only and is not to scale. Reliable measurements for garment construction cannot be obtained from it.

HOW TO MAKE THE JACKET

PATTERN MAKING DIAGRAM DEVELOPMENT

The model is characterised by an essential design, a comfortable fit and an opening system designed to facilitate dressing for people with Parkinson's disease. The garment features contrasting inserts on the front and back yoke, long sleeves and an easy fastening system that replaces traditional buttons.

Procedure

1. Preparing the Base Pattern

Transfer a basic shirt or lightweight jacket pattern onto paper, including the front, back and sleeve, using the measurements of the person for whom the garment is to be made.
To ensure easy dressing, consider a comfortable fit, taking into account the person's mobility and the need to put on and take off the garment without complex movements.

2. Modifying the Front

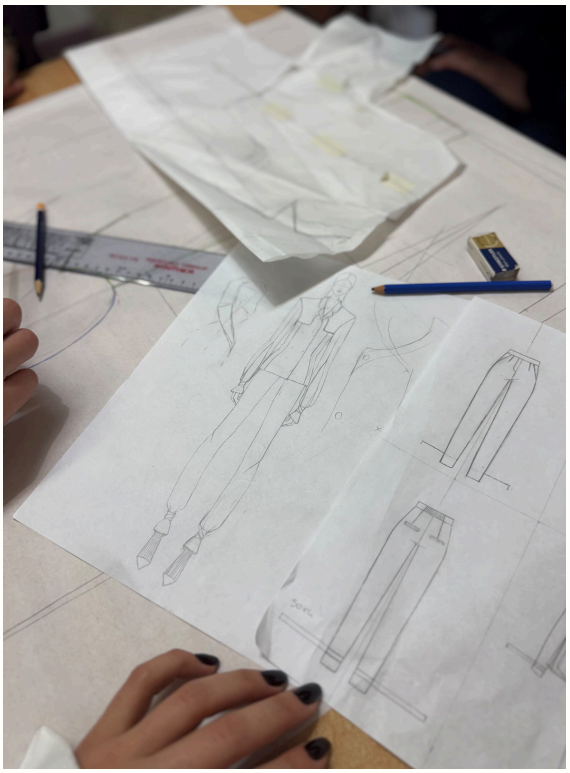
Trace the front pattern and define the front opening line.
The design features an easy fastening system, eliminating traditional fastening methods that are more difficult to use and replacing them with magnetic closures.
Therefore, provide sufficient overlap to accommodate these fasteners, which must be attached to both sides before closing the facings.

3. Modifying the Back

Transfer the back pattern, maintaining the correct fit across the shoulders and along the hips.
By examining the pattern diagram, identify the back yoke line and separate the corresponding piece from the body of the garment. Mark the joining line between the yoke and the back on the pattern, adding the necessary assembly notches.

4. Creating the Inserts and the Sleeve

On the front, identify the lines of the decorative inserts positioned on the upper part of the garment.
Start with the basic sleeve pattern, checking that it corresponds to the armhole of the garment body.
Mark the elbow line and the wrist line, maintaining the correct sleeve shape.
The illustrated model features a long sleeve with an adjustment at the wrist, specifically an adjustable magnetic cuff. Therefore, allow sufficient space to insert this cuff into the seam.



5. Checking and Tracing the Pattern Pieces

Transfer the lines onto the pattern and separate the pieces, clearly identifying the various components and adding the necessary seam allowances.
As an operational guideline, we recommend allowing:

- 1 cm for joining seams

- 3 cm for the hem, or an appropriate allowance depending on the chosen finish
- 1 cm for specific allowances in areas intended for closures and adjustment systems



Before proceeding with cutting, check:

- The correspondence of the seams between the front and back.
- The length of the armhole in relation to the sleeve cap.
- The correspondence of the joining lines of the inserts.
- The position of the easy fastening system.
- The presence of seam allowances.

Mark the name, size and number of pieces to be cut on each pattern piece.

FABRIC CUTTING

The project uses scuba fabric as the main fabric, together with contrasting inserts. Before proceeding with cutting, it is necessary to check the composition, elasticity and behaviour of the fabric actually selected.
Scuba fabric sometimes has a slightly shiny surface or a difference in appearance depending on the direction.
Consistent placement of the pieces is particularly important to avoid visible differences between the parts of the garment.
Check the direction of the fabric's stretch to ensure that it is compatible with the desired fit.



Attention: if you use a patterned fabric for the inserts, pay attention to the symmetry of the designs.

Fabric Preparation, Pattern Placement and Cutting
To proceed with pattern placement and cutting, check the right and wrong sides of the fabric.

Place all the main pattern pieces with the grainline correctly aligned.
In particular:

- The right and left front pieces must have the same orientation.
- The back pieces must follow the established direction.
- The sleeves must be positioned in the same direction.
- The contrasting inserts must be oriented consistently with the pattern of the selected fabric.

Arrange the pattern pieces on the fabric, checking that:

- The grainline is parallel to the selvedges, unless otherwise specified by the design.
- The reference lines are correctly aligned.
- Symmetrical pieces are mirrored when necessary.
- The inserts are positioned to achieve a uniform result.

For pieces that must be cut in pairs, check whether the pattern requires cutting on folded fabric or cutting two mirrored pieces. Proceed with cutting both fabrics and check that all the pieces have been cut.

GARMENT CONSTRUCTION

The construction of the jacket involves assembling the various elements of the design, creating the contrasting inserts and applying easy fastening systems. Particular attention must be paid to clean internal finishes and the functionality of the fastenings, so that the garment is comfortable and easy to wear.
Before beginning construction, lay all the cut pieces out on the work surface, check that they are complete and ensure that any reference notches have been marked, as these will facilitate assembly.

1. Constructing the Front Inserts
Position each contrasting insert on its corresponding front piece, right sides together, matching the seam lines and reference marks.
Sew the pieces together, maintaining a 1 cm seam allowance. Open or press the seam allowances into position: before using the iron, test the temperature on a fabric scrap to avoid damaging the surface.
Repeat the operation on the second front piece, checking that the two inserts are symmetrical and aligned.
Visually overlap the two front pieces and verify that the inserts are positioned at the same height and have a consistent shape.

2. Constructing the Back Yoke
Position the yoke along the upper edge of the back, right sides together, matching the reference marks.
Sew the two pieces together and press the seam allowances into position.
Check that the yoke is correctly aligned and that the seam is even along its entire length.
As specified in the pattern, check that the central inverted pleat allowances have been folded.

3. Joining the Shoulders
Position the front and back pieces right sides together, matching the shoulder seams.
Sew the seams and check that the allowances are even and that the shoulder profiles correspond correctly.
Press the seams according to the characteristics of the fabric.

4. Preparing the Facings
The facings are used to finish the front opening of the jacket and to enclose the magnetic fastening system.
Transfer the facing pieces onto the fabric using the corresponding pattern.
If necessary, apply a lightweight stabiliser to reinforce the areas where the magnets will be inserted, first checking its compatibility with the scuba fabric and the chosen fastening system.
Finish the designated edges according to the pattern and prepare the facings for subsequent assembly.

Attention: the magnets must be suitable for use in a garment and securely fastened so that they cannot come loose during use or washing.

5. Constructing and Attaching the Sleeves
Before attaching the sleeves, prepare the adjustable cuffs intended for the wrists.

Preparing the Cuffs
Fold each cuff according to the intended design and sew the necessary edges, leaving the opening required for turning, if the construction requires it.
Turn the cuff right side out, press the edges into position and check that the component retains the desired shape. Prepare the magnetic fastening system and check that the cuff can be adjusted easily without being excessively tight around the wrist.

Attaching the Sleeves
Position each sleeve in its corresponding armhole, right sides together, matching the reference notches.
Distribute any sleeve-cap ease evenly, avoiding unwanted gathers. Sew along the armhole and check that the stitching is even. Press the seam allowances according to the characteristics of the fabric.

6. Closing the Side Seams and Sleeve Seams
Position the garment right sides together, matching the side edges of the front and back.
Where the construction allows, sew the side seam and underarm sleeve seam in one continuous operation.
Check that the seams meet correctly at the underarm and that no tension occurs. Check the symmetry of the sleeves and the regularity of the side seams.

7. Attaching the Facings and Magnetic Closures
Position the facings along the edges of the front opening, right sides together. Sew along the construction line and finish the seam allowances to achieve an even opening. Turn the facings towards the inside and press the edges into position. Insert the magnetic closures in the designated positions, inside the facings, ensuring that the corresponding elements are correctly aligned. Before completing the fastening stitches, repeatedly test the opening and closing of the garment.

The final position of the magnets must be checked on the garment during a practical fitting.
Safety note: magnetic closures may interfere with certain implanted medical devices. Their suitability must be verified before the garment is used by the person concerned.

9. Finishing the Hem
Fold the lower edge of the jacket towards the wrong side, following the height specified in the pattern.
Press the edge into position and sew the finishing seam, maintaining even tension to prevent the scuba fabric from becoming distorted. Check that the hem is even and that the stitching does not create excessive bulk

10. Pressing and Final Inspection
Carry out the final pressing using a temperature suitable for the fabric composition. For scuba fabric, always test on a scrap first, avoiding excessive heat and prolonged pressure.
Remove any loose threads and inspect all the seams.
Finally, check the garment by fitting it on a dress form or on a person whose physical characteristics are compatible with the size made.



The inspection must focus on:
- Comfort and freedom of movement.
- Ease of dressing and undressing.
- Functionality of the magnetic closures.
- Wrist adjustment.
- Absence of seams or components that cause discomfort.
- Stability of the finishes after repeated opening and closing.

The jacket is complete when all the seams are even, the inserts are correctly aligned and the closures allow the garment to be put on and taken off easily.

HOW TO MAKE THE TROUSERS

PATTERN MAKING DIAGRAM DEVELOPMENT

The trousers are designed for people with Parkinson's disease and feature a comfortable fit, with an adjustable hem to facilitate dressing and adapt the garment to the person's needs.

The model features an essential construction and uses scuba, a compact knitted fabric that allows for a structured and comfortable garment. The bottom of the legs is completed with an adjustment system that allows the trousers to be opened and closed more easily.

Transfer a basic trouser pattern onto paper, including the front and back, using the measurements of the person for whom the garment will be made. Consider a comfortable fit that allows the person to move and sit without creating tension in the fabric. Transfer the front and back of the trousers onto paper, maintaining the correct proportions between the hips, crotch and leg length.

Pay particular attention to the waistband, which is divided into several pieces (so that the cut lines correspond to the darts), and includes the centre back for inserting an elastic band that allows the trousers to be put on. Check that the seam lines correspond and verify that the pattern provides sufficient freedom of movement. The illustrated trousers feature a relatively slim line along the leg, with a hem designed to accommodate an adjustment system using magnetic fasteners. The corresponding adjustment band is made separately.

Identify the hemline and define the trouser length in relation to the person and the footwear used. Allow sufficient space to apply the ankle adjustment system, avoiding a hem that is too tight or that hinders dressing. Draw the corresponding pattern diagram on paper, respecting the proportions of the model and the measurements required to obtain the desired circumference. The final length must be determined according to the ankle circumference and the adjustment system selected.

Before proceeding with cutting, check that all pieces are present, as well as the crotch length and the overall length of the trousers. Also allow for seam allowances, which in this case are all 1 cm. The trouser hem has a 2 cm allowance.

Mark the name, size, number of pieces to be cut and fabric direction on each piece.

FABRIC CUTTING



The fabric specifications and precautions to be taken are the same as those provided in the instructions for the jacket. Lay the scuba fabric on a large, clean surface, avoiding pulling or distorting it. Identify the selvedges, check the right and wrong sides, and verify the direction of stretch.
If the fabric has a slightly shiny surface or a different appearance depending on the direction, maintain the same orientation for all the trouser pieces.

Arrange the patterns on the fabric, respecting the grainline, which must be parallel to the selvedges unless otherwise specified by the model.
Position the front and back pieces, maintaining the same fabric direction. The final measurements depend on

the construction of the trousers and the finishes required.
Proceed with cutting all the pieces, using sharp scissors and keeping the fabric flat on the work surface.
Cut: trouser front, trouser back, components for adjusting the hems and any additional elements required by the fastening system.



Mark the reference notches without cutting too deeply into the fabric. Before removing the patterns, check that all the necessary pieces have been cut.

TROUSERS CONSTRUCTION

The construction involves assembling the legs, making the waistband from several pieces and inserting an elastic band at the back to facilitate dressing and ensure a comfortable fit.

1. Assembling the Legs
Sew the front crotch seam and the back crotch seam separately, positioning the pieces right sides together. Then join the front and back along the inner leg seams. Insert one leg into the other, right sides together, and complete the crotch seam, matching the centre seams. Finally, close the side seams and press the seam allowances into position.

2. Constructing the Waistband
Join the various pieces that make up the waistband, matching the seams and following the pattern markings. Sew the pieces together and press the seam allowances, checking that the waistband retains the intended shape.

3. Inserting the Back Elastic
Prepare the back section of the waistband intended to hold the elastic. Insert the elastic into the designated casing, avoiding twists, and securely fasten the ends. Distribute the gathers evenly and check that the elastic allows the trousers to be put on easily without making the waist excessively tight.

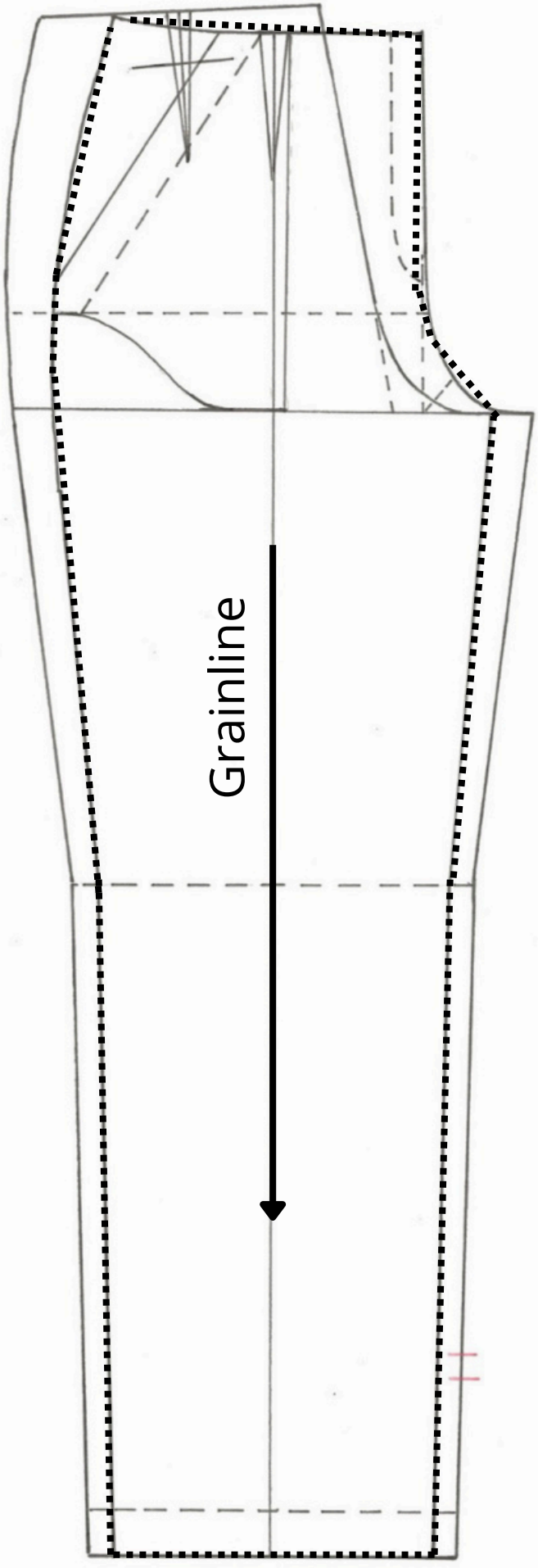
4. Attaching the Waistband
Position the waistband along the upper edge of the trousers, right sides together, matching the side seams and reference marks. Distribute the fabric evenly along the elasticated back section and sew the waistband to the waist of the trousers. Press the seam and check that the waistband is even and fits the garment properly.

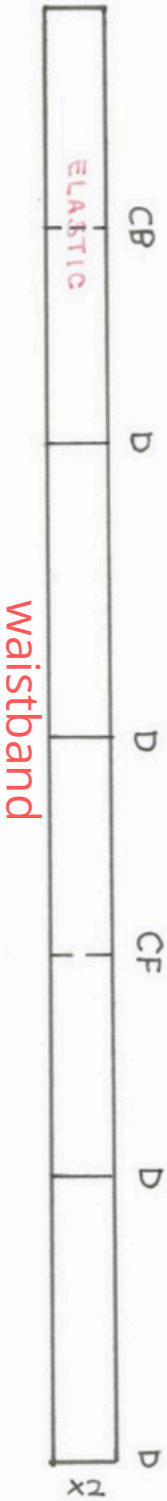
5. Constructing the Hems
Prepare the components intended for ankle adjustment, following the pattern instructions. If an elastic band is provided, insert it into the designated casing and secure its ends. Attach the components to the trouser hems, checking that they are symmetrical and that the adjustment does not make the ankle excessively tight.

6. Finishing and Final Inspection
Finish the seams and press the fabric using a temperature suitable for scuba, after testing on a fabric scrap. Carry out a fitting to check: the comfort of the waistband and the elasticity of the back section, ease of dressing and undressing, freedom of movement of the legs and correct functioning of the ankle adjustment systems.

The trousers are complete when the waistband fits comfortably around the waist and the adjustment systems facilitate dressing, promoting the person's independence without compromising comfort.

Back pannel x2 piece





Front pannel x2 piece



This shirt is designed to support independent dressing for people living with Parkinson's Disease, taking into account common challenges such as tremors and reduced fine motor control.

The traditional button closure is replaced with a Magnetic fastening system, allowing the garment to be easily opened and closed without requiring precise finger movements.

The shirt maintains a classic and discreet appearance, avoiding a medical look while ensuring comfort and usability.

This adaptive shirt supports greater independence for individuals with Parkinson's Disease.

It represents a practical and accessible solution within adaptive clothing, demonstrating how thoughtful garment design can significantly improve quality of life.



Product Objective

- Facilitate easy dressing/undressing and reduce reliance on assistance
- Improve comfort, confidence, and social inclusivity

Adaptive Features

- Concelead magnetic fasteners along the front opening.
- Loose fit, wider neckline, and sleeves for easier movement

Recommended Materials

- Soft, breathable fabrics like cotton, linen, or lightweight cotton blends
- Avoid stiff or slippery fabrics , use durable sewing thread, sew-in magnetic fasteners and suitable fusible interfacing.

Pattern (Base and Adaptation)

- Based on a standard shirt pattern with an adapted front placket to accommodate concealed magnetic fasteners
- Slightly wider sleeves and simplified collar for comfort

Construction Steps

- Prepare the pattern pieces; reinforce the front plackets an securely attach the magnetic fasteners.
- Assemble shirt (shoulders, sleeves, sides), attach collar, and finish hems

Technical Recommendations

- Use garment-compatible, securely enclosed magnetic fasteners. Reinforce the attachment areas and check their alignment and holding strength.
- Ensure comfort, avoid rigidity, and test with real users if possible



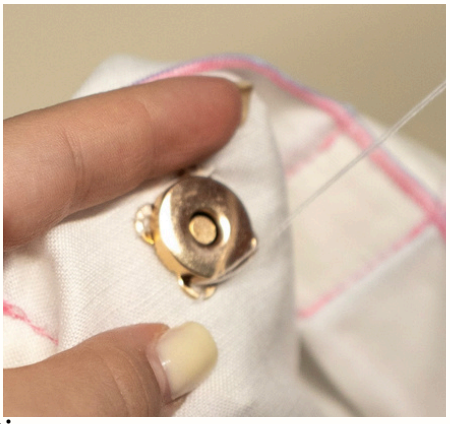
HOW TO MAKE THE SHIRT

PATTERN MAKING DIAGRAM DEVELOPMENT

Designed for people who find buttons difficult to manipulate, including those with reduced mobility or limited fine motor control. Magnetic closures can make dressing and undressing easier while retaining the appearance of a classic shirt.

To create this design, we start with the basic pattern for a classic shirt, adding 12–18 cm of ease to the total bust circumference. To make fastening easier, buttons are replaced with magnets, making the shirt easier to put on for people with disabilities.





Materials required:

- Main fabric: 3.5–4 m
- Fusible interfacing
- Thread matching the fabric
- 9–10 magnets
- 3 cm-wide fusible tape

FABRIC CUTTING

- Steam-press the fabric at the temperature recommended for its fibre composition.
- Fold the fabric and place it on the cutting table so that the selvage runs parallel to the edge of the table.
- Arrange all pattern pieces on the fabric, ensuring that the grainline is correctly aligned.
- Cut the following pieces:
- Front panels – 2 pieces
- Yoke – 2 pieces
- Back panel – 1 piece
- Sleeves – 2 pieces
- Collar stand – 2 pieces
- Collar – 2 pieces
- Cuffs – 4 pieces
- Bias strips, 3 cm wide and 20 cm long – 2 pieces
- Fusible interfacing for the collar – 1 piece
- Fusible interfacing for the collar stand – 1 piece
- Fusible interfacing for the cuffs – 2 pieces
- Side seam allowances may range from 1 to 2 cm. Allow 2 cm for the bottom hem.



CONSTRUCTION

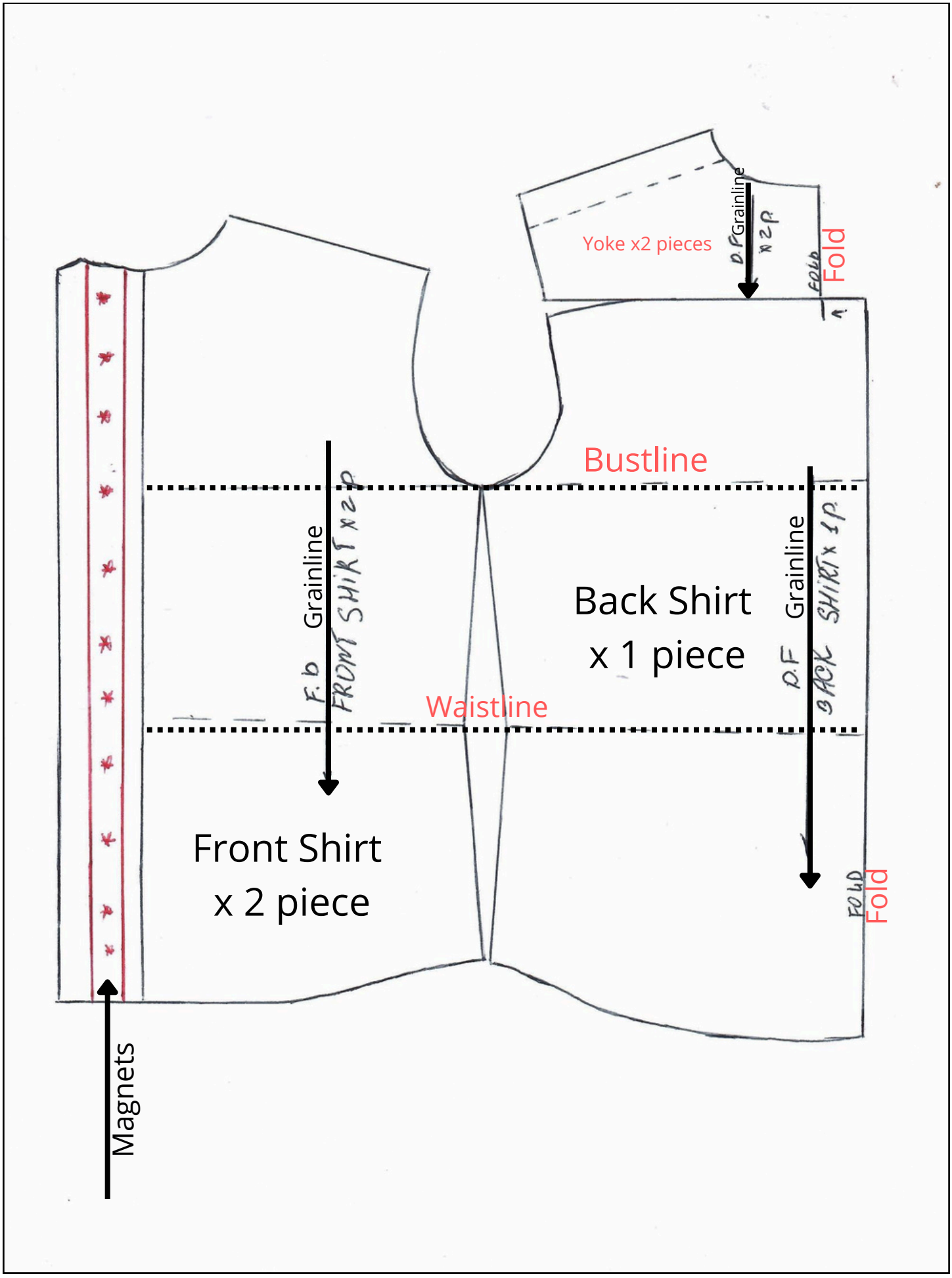
- Apply fusible interfacing to the collar, collar stand and cuffs.
- Apply fusible tape to the edges of the front panels where the magnets will be sewn.
- Fold the interfaced edges according to the seam allowance and press them.
- Secure the folded front edges with a line of stitching 3 cm from the edge, leaving room for the magnetic closures.
- Pin the back panel between the two yoke pieces and stitch them together. Press the seam. Add decorative topstitching if desired.
- Sew the shoulder seams by pinning the front panels to the yoke and stitching them together. Press the seams and add decorative topstitching if desired.
- Place the front panels and back panel right sides together and sew the side seams. Finish the seam allowances with an overlocker and press them open.
- Sew the sleeves along their underarm seams, finish the seam allowances and press the seams.

- Finish the sleeve slits with bias binding.
- Sew the cuff pieces together in pairs and press the cuffs thoroughly.
- Attach the finished cuffs to the sleeves.
- Set the sleeves into the armholes, matching the notches.
- Place the collar pieces right sides together and stitch them. Press the seams, turn the collar right side out, ensuring that the corners are well defined, and press again. Add decorative topstitching. Attach the collar to the collar stand, matching the notches. Press the non-interfaced seam allowance of the collar stand towards the inside. Press the completed collar and shape it carefully.
- Once the collar is complete, attach it to the neckline. Pin the centre of the collar to the centre of the shirt and match the collar stand notches to the shoulder seams. Stitch by machine. Hand-sew the remaining free edge in place, then secure it with machine stitching.
- Sew the magnets along the front edges of the shirt, spacing them 8–10 cm apart, and attach magnets to the cuff ends.
- Fold the bottom hem towards the wrong side and stitch it.
- Check that all shirt pieces are aligned correctly and that all seams are properly sewn.
- Press the finished shirt.

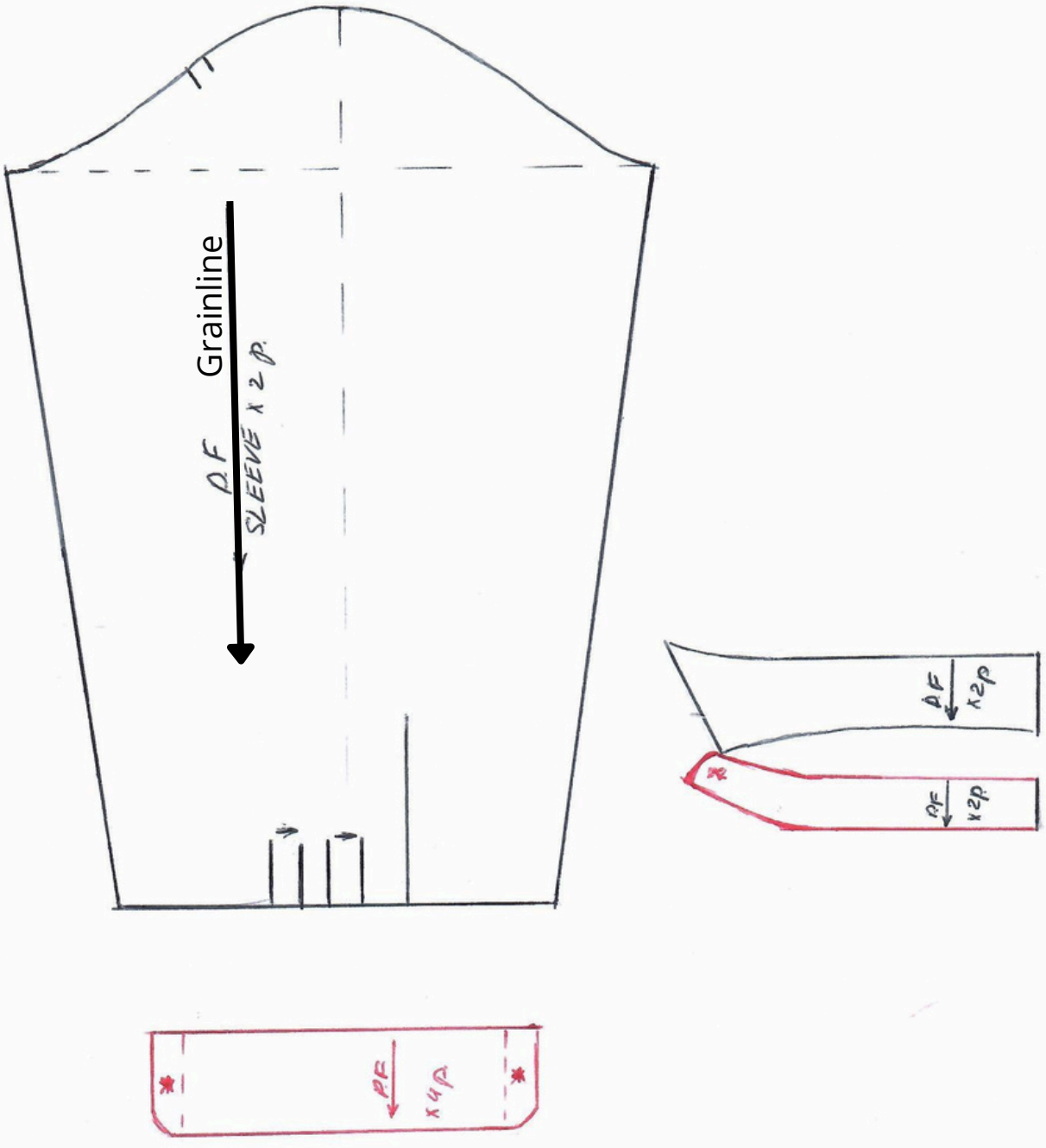
Check ease of opening and closing, the fit at the bust and shoulders, cuff access, security of the magnets and comfort during movement. Where needed, adjust the pattern or fastening layout after testing with the intended wearer.







Note: The diagram is for illustrative purposes only and is not to scale. Reliable measurements for garment construction cannot be obtained from it.



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MOTOR DISABILITY

Brief introduction to the disability and description of the article designed

People with motor disabilities may encounter several difficulties in the area of clothing. Putting on or taking off clothes can be complicated due to limited movement in the arms, hands, or trunk. Common elements such as buttons, zippers, laces, and belts require fine motor movements that are not always possible. In addition, many garments are designed for people who stand, while those who use a wheelchair remain seated for long periods and may experience discomfort from seams, folds, or stiff fabrics. Getting dressed can therefore require more time, effort, or the help of other people. Ee experimented with adaptive garments that are easier to wear and designed to ensure comfort, autonomy, and dignity.

The first trousers is a pair of straight-leg trousers made of denim and sweatshirt fabric with an elastic waistband. The garment features a yoke on the back that extends to the front to make dressing easier.

The pockets, also made of sweatshirt fabric, are placed below knee level and in the center to allow easier access once a seated position is reached.

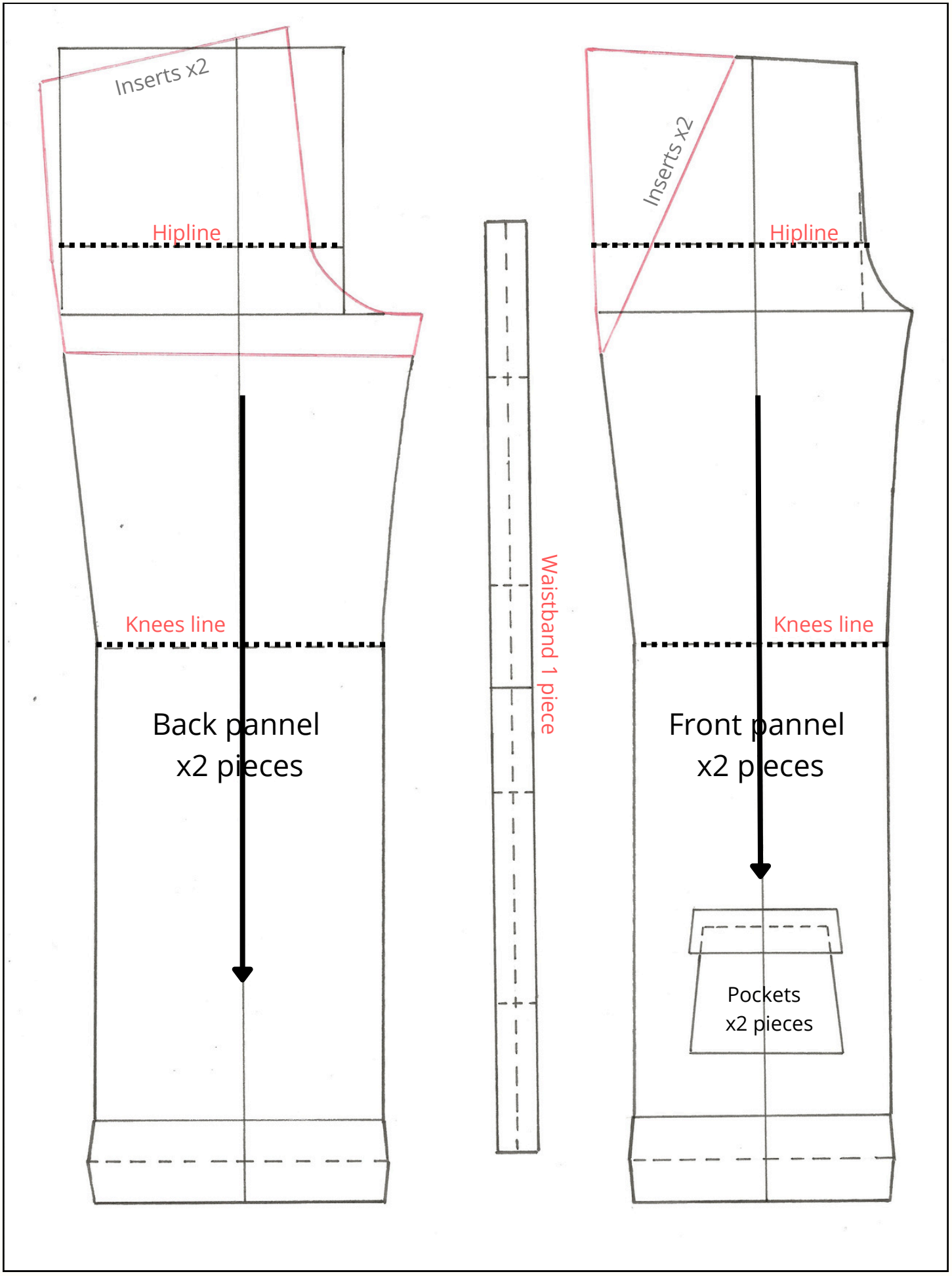
These second trousers are designed for individuals with reduced mobility, including those who use wheelchairs or have limited lower-body movement.

The design features full-length openings along the front of both legs, using zipper closures. This allows the trousers to be fully opened, making dressing and undressing significantly easier, either independently or with assistance.

The garment maintains a clean and modern appearance, similar to standard trousers, while integrating functional adaptations.



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HOW TO MAKE THE TROUSERS

PATTERN MAKING DIAGRAM DEVELOPMENT

he design features classic denim trousers with sweatshirt fabric inserts positioned at the knees. This solution combines the durability of denim with the softness of sweatshirt fabric, with the aim of improving comfort during movement.

1. Preparing the basic pattern
Transfer a basic trouser pattern onto pattern paper, including the front and back pieces, using the measurements of the person for whom the garment is being made. Allow sufficient ease to ensure freedom of movement, particularly around the hips and knees.

2. Modifying the front pattern
Trace the front trouser pattern and identify the position of the knees. Mark the seam line for the sweatshirt fabric insert, following the shape and proportions shown in the design. Separate the main trouser section from the insert, keeping all the necessary reference marks for assembly.

3. Modifying the back pattern
Transfer the back trouser pattern, maintaining the correct fit around the hips and legs. Identify the position of the back pocket and draw its shape on the pattern, allowing for the necessary seam allowances.

4. Preparing the additional pattern pieces
Draft all the additional elements shown in the design, including any connecting pieces and components required for finishing. Clearly identify each piece, specifying whether it should be cut from denim or sweatshirt fabric.

5. Checking the pattern
Before cutting the fabric, check that the seams match correctly, the pieces are symmetrical, and the inserts are correctly positioned at the knees. Add seam allowances and label each pattern piece with its name, the fabric to be used, and the number of pieces to cut.

FABRIC CUTTING

These trousers are made from blue denim, featuring side inserts and patch pockets at the hem made from gray sweatshirt fabric. Before cutting, check the right and wrong sides of both fabrics, the grain line, and the direction of any stretch.

1. Preparation and Pattern Placement
Lay the fabrics out on a clean, flat surface, taking care not to distort them. Position the pattern pieces so that the grain line runs parallel to the selvages, ensuring the fabric's orientation is consistent.

- In denim: the front and back of the trousers, as indicated by the pattern layout.
- In gray sweatshirt fabric: the side leg inserts and the patch pockets for the hem.

THREAD

If the denim has a directional wash effect, ensure all pieces are oriented the same way. Verify that the side inserts are mirror images of each other and that the pockets are cut correctly.

2. Seam Allowances and Cutting
Check whether seam allowances are already included in the pattern; if not, add approximately 1 cm for joining seams and 2 cm for hems, depending on the intended finish. Cut out the pieces and mark all notches and reference points using tailor's chalk.

TROUSERS CONSTRUCTION

1. Constructing the side inserts
Place the grey fleece inserts onto the corresponding denim pieces, right sides together. Align the edges and notches, then sew, maintaining a consistent distance from the edge. Press the seam allowances flat without stretching the fleece, and check that the inserts are symmetrical on both legs.

2. Preparing the patch pockets
Prepare the grey fleece pockets by folding and finishing the edges as indicated on the pattern. Press or set the edges using a temperature appropriate for the material—test on a scrap piece first.
Position the pockets on the lower part of the trousers, following the pattern layout and ensuring they are symmetrical. Secure them by stitching along the sides and bottom, reinforcing the top corners.

3. Assembling the front and back pieces
Join the front and back pieces along their respective crotch seams. Place the front and back pieces right sides together and sew the inner leg seams, aligning the registration marks.
Insert one leg into the other, right sides together; align the crotch seams and complete the center seam.

4. Closing the side seams
Align the side edges and sew the side seams, ensuring the seams of the inserts match up. Finish the seam allowances using a technique suitable for both denim and fleece.

5. Constructing the waistband
Prepare and attach the waistband according to the pattern, aligning the seams and registration marks. Stitch the waistband to the top edge of the trousers and finish the seam.

6. Creating the hems
Fold the bottom edge of each leg toward the inside, following the specified hem allowance. Perform the final stitching and check that the hems are even and of the same length.

7. Finishing touches and final fitting
Trim any loose threads and inspect the seams. Check the fit, freedom of movement, the correct placement of the side inserts, and the symmetry of the patch pockets.

The trousers combine the durability of blue denim with the softness of grey sweatshirt fabric, used for the side inserts and the patch pockets at the bottom. The design aims to blend functionality, comfort, and freedom of movement for individuals with physical disabilities.





THREAD

These adaptive garments are designed for individuals with reduced mobility, including those who use wheelchairs or have limited lower-body movement.

The garment maintains a clean and modern appearance, similar to standard trousers, while integrating functional adaptations.

These adaptive garments significantly improve the dressing process for individuals with reduced mobility. By allowing full opening/front opening, they reduce physical strain and increase comfort, making them a practical solution within adaptive clothing design.



Product Objective

- Facilitate dressing and undressing for individuals with limited mobility or dexterity, supporting independence
- Ensure comfort, ease of use, and maintain a modern, aesthetically pleasing design

Adaptive Features

- Trousers: Full-length front openings with zippers, higher back rise, relaxed fit

Recommended Materials

- Soft, breathable fabrics such as cotton, cotton blends, or lightweight denim/twill
- Durable threads, snap buttons, zippers, and optional elastic bands for comfort and reinforcement

Pattern (Base and Adaptation)

- Trousers: Standard pattern with split front panels for zipper insertion, elastic waistband, increased back rise for seated comfort

Technical Recommendations

- Use fasteners (snap buttons, zippers) that are easy to handle and securely attached
- Reinforce stress areas (plackets, zipper ends, waistband)
- Ensure garments are comfortable, avoid pressure points, and test with real users when possible

HOW TO MAKE THE TROUSERS

PATTERN MAKING DIAGRAM DEVELOPMENT

Design Modifications
These trousers are designed for people with reduced mobility, including wheelchair users. Zips running along the full length of the front sections allow the trousers to open widely, making them easier to put on.
Start with the basic trouser pattern. Lower the centre front waistline by 2–4 cm and raise the centre back waistline by 2–4 cm. Deepen the crotch curve by 1.5–3 cm on both the front and back pattern pieces. These modifications improve comfort for people with disabilities who spend extended periods sitting down.

Draw a vertical line on the front of each trouser leg and divide the front section into two parts. The separating zip will be inserted along this line.

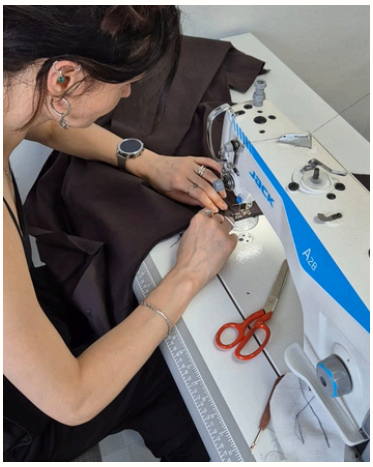


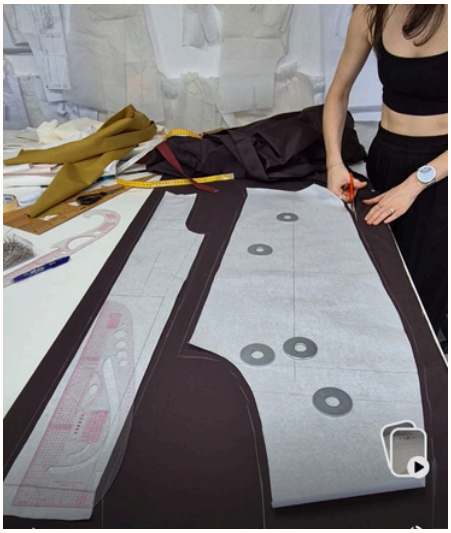
Materials required:

- Main fabric: 2.5–3 m
- Thread matching the fabric
- Fusible interfacing
- 2 separating zips, 80–100 cm long
- 1 cm-wide fusible tape

FABRIC CUTTING

- Pre-shrink and press the fabric using steam at the temperature recommended for the chosen fabric. Prepare the zippers as well.
- Fold the fabric and place it on the cutting
- table so that the selvage runs parallel to the edge of the table.
- Arrange the pattern pieces on the fabric,
- ensuring that the grainline is correctly aligned.
- Cut the following pieces:
- Outer front panels – 2 pieces
- Inner front panels – 2 pieces
- Back panels – 2 pieces
- Waistbands – 2 pieces
- Side seam allowances
- may vary between 1 and 2 cm.
- The bottom hem allowance is 2–6 cm.



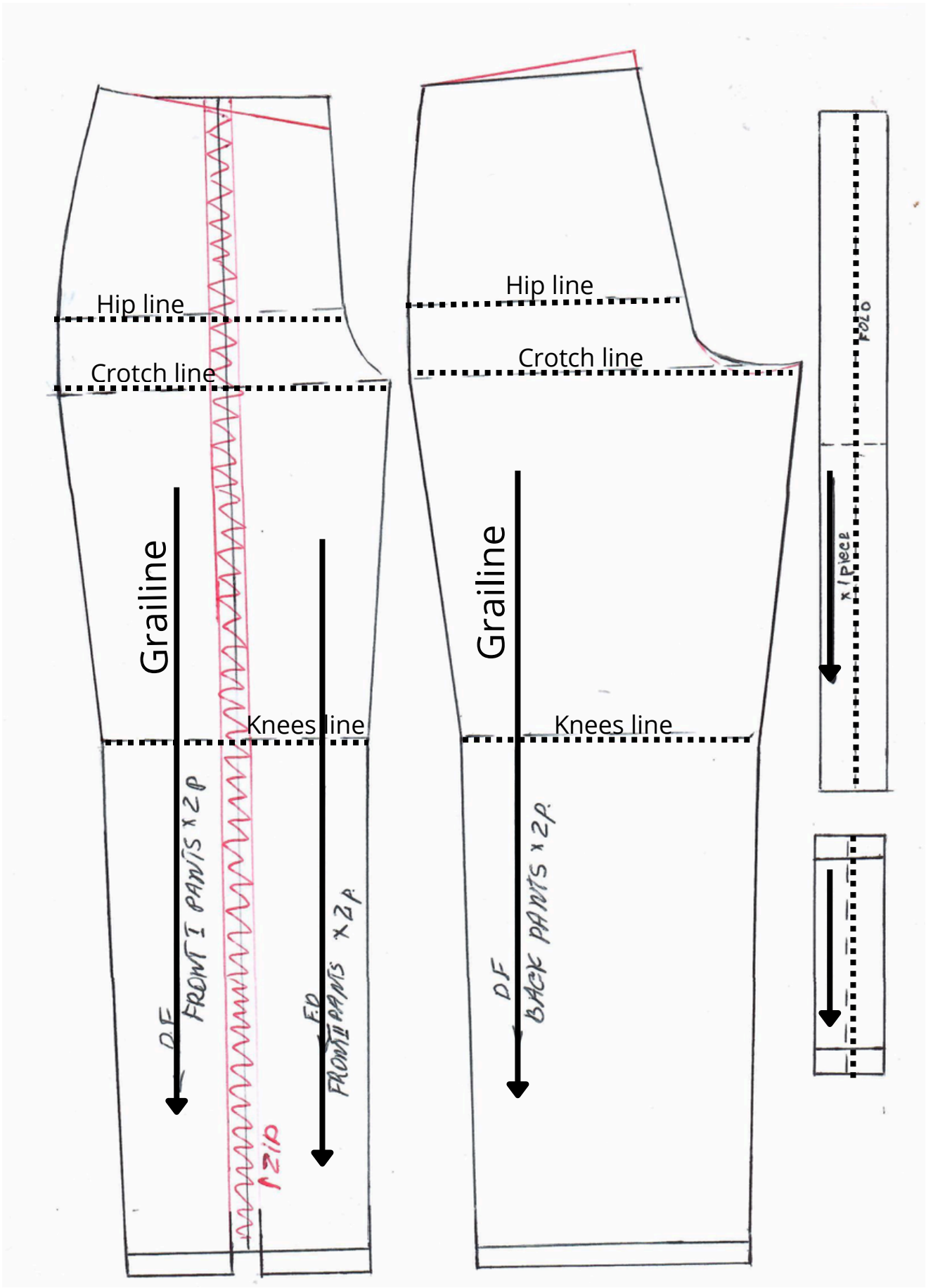


TROUSERS CONSTRUCTION

- Apply fusible tape to the centre edges of the front pieces where the zippers will be sewn.
- Sew one side of each detachable zipper to one front panel. Close the zipper, pin the second front panel to the other side of the zipper, and stitch it by machine. Finish and press the seam allowances.
- Place the front and back panels right sides together and sew the outer side seams, starting at the waist and continuing to the hem. Match the notches at the hip and knee levels. Finish the seam allowances with an overlocker and press them.
- Sew the inner leg seams in the same way as the outer side seams: place the pieces right sides together, match the notches, stitch, finish the seam allowances and press. Check alignment before sewing the crotch seam.
- Sew the crotch seam by placing the two trouser legs right sides together, pinning them in place and stitching by machine.
- Apply fusible interfacing to the waistbands, then press them thoroughly with steam to create a slightly curved shape.
- Attach the waistbands to the trousers, matching the centre of each waistband to the centre of the corresponding front or back section. Finish the seam allowances and press them downwards.
- Check that both trouser legs are the same length and finish the bottom hems by folding the allowances towards the wrong side, pressing and stitching them.
- Attach the fastening tabs to the trouser waistbands.
- Check that all trouser pieces are aligned correctly and that all seams are properly sewn.
- Press the finished trousers thoroughly.

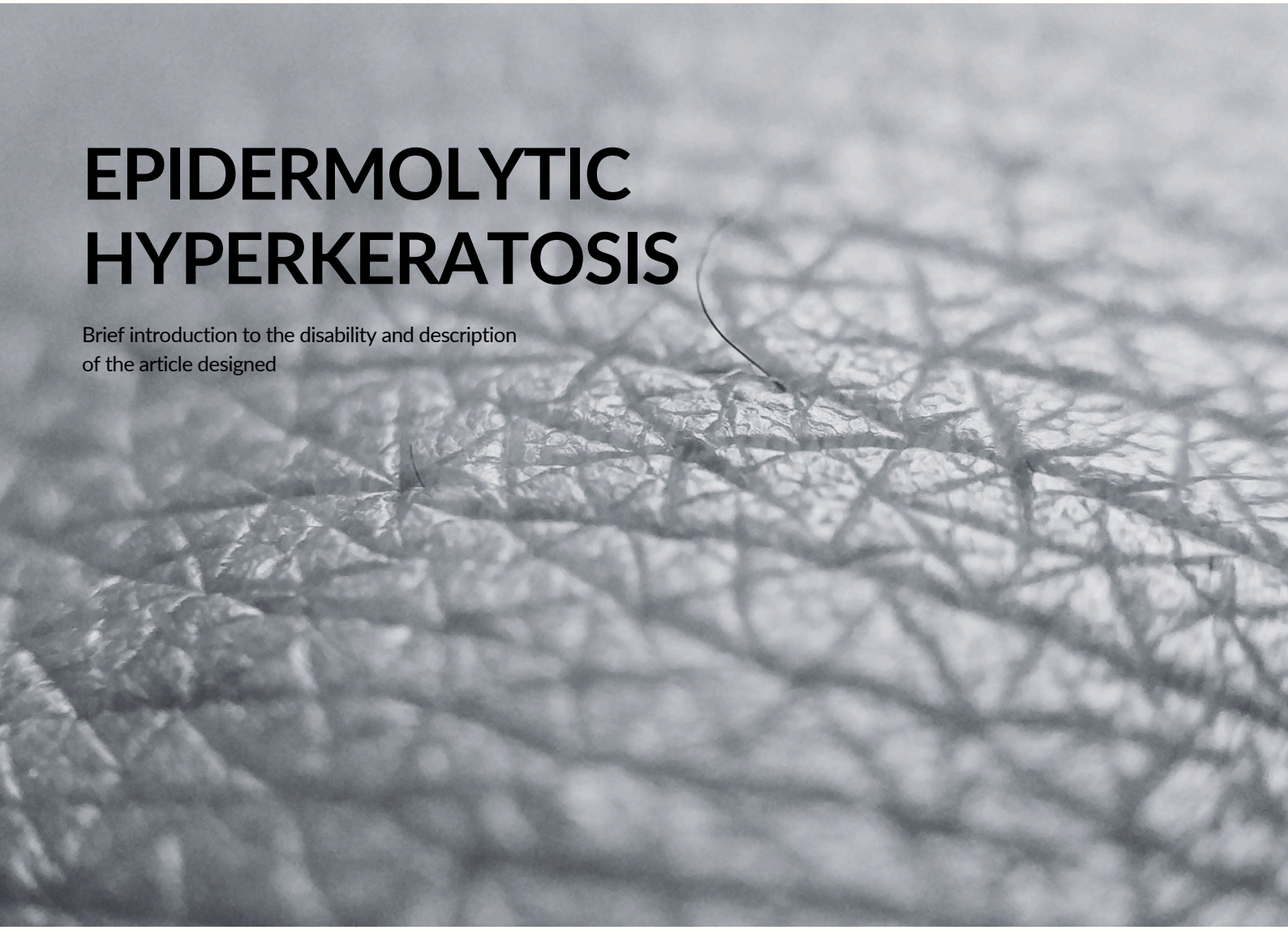
THREAD

Check the seated fit, front and back rise, zipper accessibility, skin contact and comfort in prolonged sitting.



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EPIDERMOLYTIC HYPERKERATOSIS

Brief introduction to the disability and description of the article designed

Epidermolytic hyperkeratosis is a rare genetic skin condition that is present from birth. It is characterized by widespread redness of the skin, thickening of the epidermis and the presence of small wart-like formations across the body. In some cases, especially on the lower limbs, blisters and bullous lesions may also appear.

This condition makes the skin extremely fragile and highly susceptible to blisters and wounds that can develop even with minimal friction or pressure. The causes of the disease are genetic and related to abnormalities in keratin production, a protein that plays a fundamental role in maintaining the strength and structure of the skin.

Although there is currently no definitive cure, pharmacological treatments and dermatological care can help manage symptoms and improve the quality of life of people living with this condition.

On going research in genetics and innovative therapies may offer new possibilities for mor effective management in the future.

From a clothing perspective, people affected by epidermolytic hyperkeratosis face several challenges. Fabrics that are too rough, rigid seams, tight garments or areas of pressure can easily irritate the skin and cause painful blisters or lesions. For this reason, clothing must be designed to minimize friction, avoid unnecessary pressure points and allow the skin to breathe. Soft materials, reduced seams, comfortable silhouettes and easy closures become essential elements in adaptive clothing for this condition.

For this project, two adaptive tailoring looks have been developed to respond to these specific needs. The garments proposed aim to reduce friction, improve comfort and make dressing easier for people living with this rare condition. The two looks are presented and explained in detail in the following pages.

For this project, two adaptive fashion looks have been developed for people living with epidermolytic hyperkeratosis, a rare genetic skin condition that causes extreme skin fragility, blistering and irritation even with minimal friction or pressure.

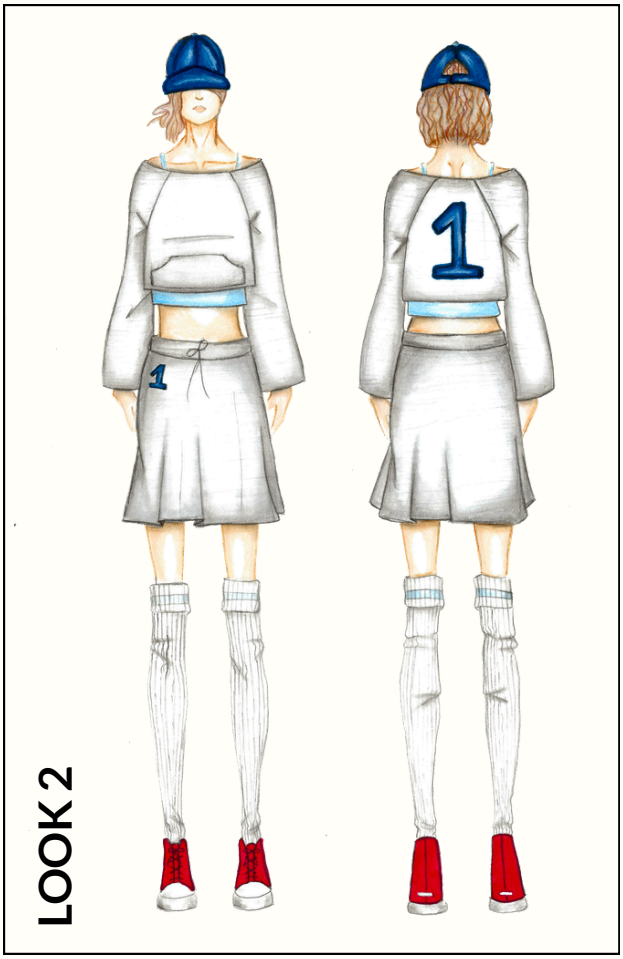
Our reference is a young girl named Sofia, who was born with this condition and has faced many challenges throughout her life. Although her life expectancy at birth was considered very low, thanks to the constant care of her mother, pharmacological treatments, daily protective creams and great attention to her skin, Sofia has grown into a brave and strong young woman. Moving to a colder mountain area also helped improve some of the symptoms related to skin irritation. Like many girls her age, Sofia wishes to wear trendy and fashionable clothing. For this reason, the project combines style, comfort and protection, showing that adaptive clothing can also be modern and expressive.

In both looks, the fabrics selected are non-brushed, soft, natural and breathable, with smooth surfaces that do not irritate the skin. Rough, rigid or synthetic fabrics, heavy denim and structured textiles must be avoided. These choices are important because people with this condition may also have difficulty regulating body temperature.
To reduce friction, both garments were constructed using flat seams, often placing the seam allowances externally to avoid internal thickness that could cause abrasions or lesions. The garments also feature loose fits and easy closures, preventing excessive pressure on the body.

Look 1
Look 1 consists of a printed cotton overall, designed with a soft and wide silhouette. The garment features external buttons and avoids metal components or clips that could come into direct contact with the skin. The look is completed with a loose blouse with 3/4 kimono sleeves, made from 100% soft and breathable cotton shirting fabric.

Look 2
Look 2 is composed of a grey melange crop top made from non-brushed sweatshirt fabric, featuring a boat neckline and wide raglan sleeves to ensure comfort and freedom of movement. It is paired with a half-circle skirt in the same fabric, designed with an adjustable waistband to maintain a comfortable and adaptable fit.

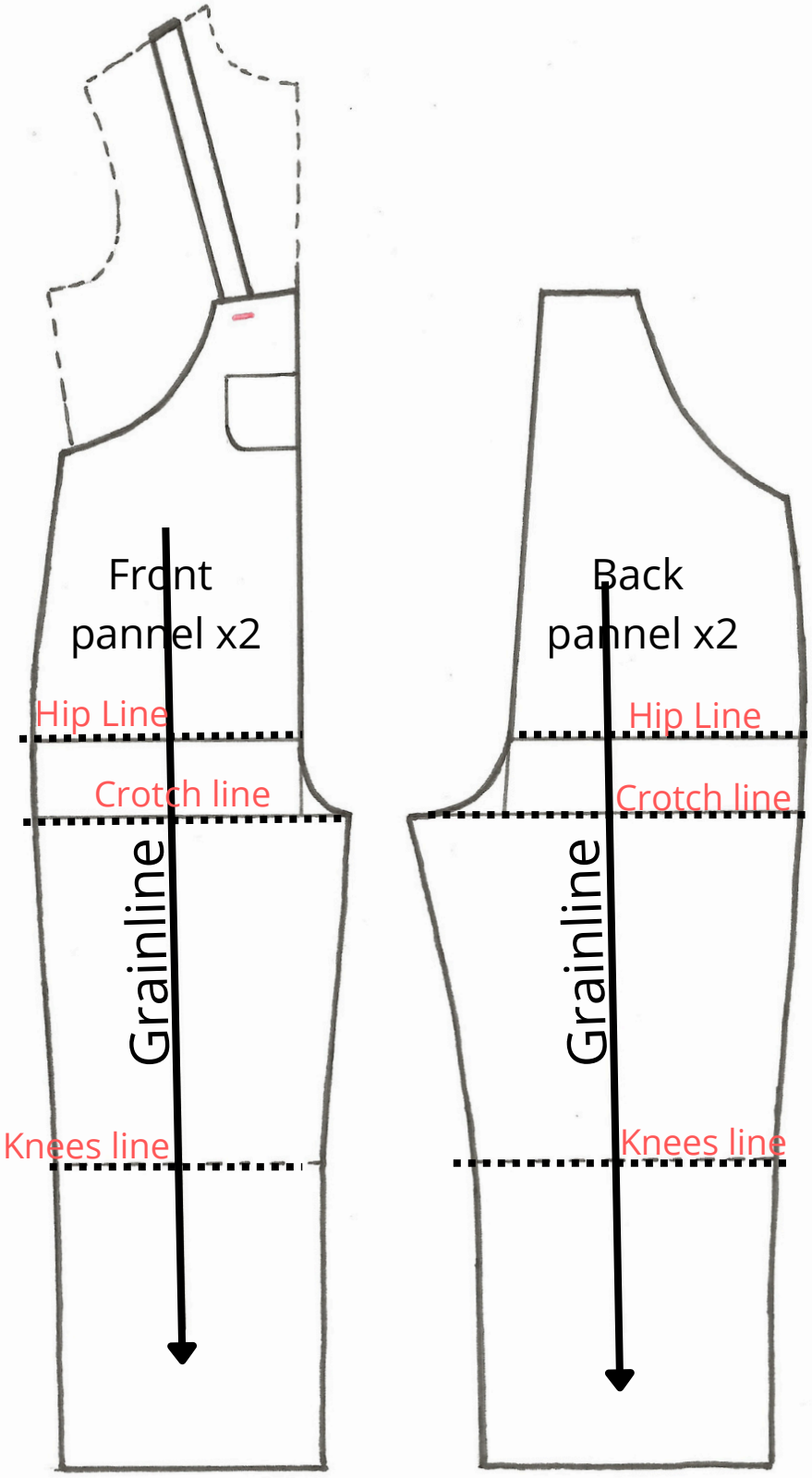




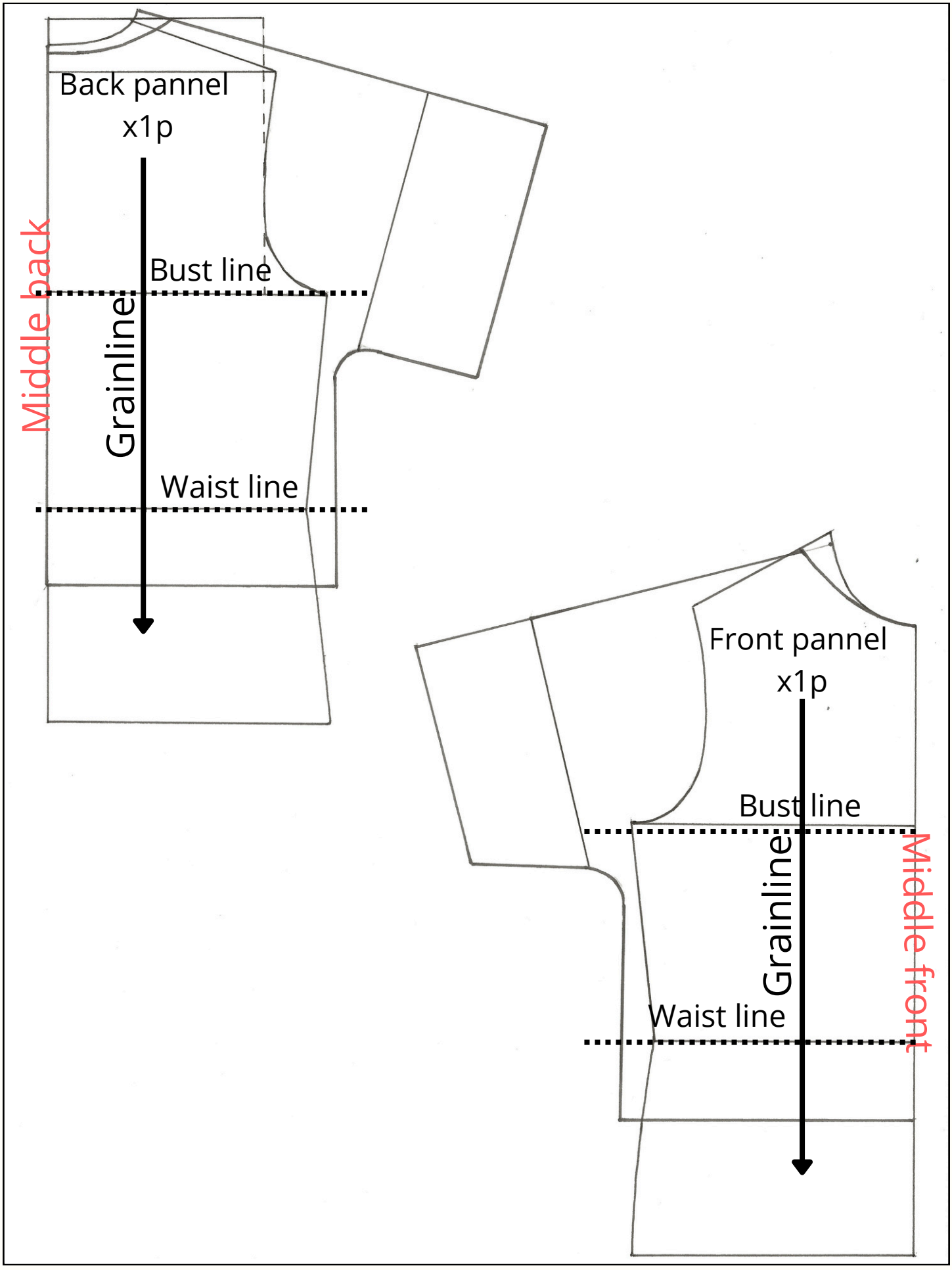
THREAD



THREAD



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HOW TO MAKE THE SALOPETTE

PATTERN MAKING DIAGRAM DEVELOPMENT

The dungarees are made from printed cotton and feature a soft, wide silhouette designed to provide comfort and ease of dressing. The design includes shoulder straps with external buttons and avoids metal components or clips that could come into direct contact with the skin.

1. Preparing the basic pattern
Transfer a basic trouser pattern onto pattern paper, including the front and back pieces, using the measurements of the intended wearer. Allow sufficient ease to ensure comfort and freedom of movement.

2. Modifying the front pattern
Trace the front pattern and define the upper section of the dungarees, taking into account the position of the torso and the attachment points of the shoulder straps. Mark the waistline and connect it to the trouser section, maintaining a loose silhouette.

3. Modifying the back pattern
Transfer the back pattern and define the upper section, preparing the attachment points for the shoulder straps. Ensure a comfortable fit around the hips and seat.

4. Drafting the shoulder straps
Draw the shoulder straps in proportion to the design, defining their length and width. Allow for the ends to be finished and fitted with external buttons, as shown in the design.

5. Checking the pattern
Check that the seams match, the pieces are symmetrical and the shoulder straps are correctly positioned. Add seam allowances and label each pattern piece with its name, fabric and cutting quantity.

6. Drafting the bib pocket
Draw the patch pocket according to the shape and proportions shown in the design. Define its width and height, allowing for the necessary seam allowances along the sides and bottom, as well as a suitable allowance for finishing the upper edge. Mark the pocket placement on the front bib to ensure that it is correctly centred and positioned during construction.

FABRIC CUTTING

The overalls are made of printed cotton. Before cutting, check the right and wrong sides of the fabric, the grainline, and the direction of the pattern.

1. Positioning the Patterns
Lay out the patterns with the grainline parallel to the selvedge. If the pattern has a specific orientation, maintain the same direction for all pieces.

2. Cutting
Cut the front and back pieces, shoulder pads, and any additional elements required by the pattern. Check the symmetry of the pieces and the pattern, especially in the visible parts of the garment.

3. Seam Allowances
Make sure the seam allowances are included in the pattern; if not, add approximately 1 cm for the joining seams and 2 cm for the hems, depending on the desired finish.

SALOPETTE CONSTRUCTION

1. Assembling the front pieces
Join the two front pieces along the central seam, following the pattern. Align the edges carefully and stitch, ensuring that the seam is straight and accurate. Finish the seam allowances using the most suitable technique.

2. Assembling the back pieces
Repeat the same process for the two back pieces, joining them along the central seam. Check that the pieces are correctly aligned and finish the seam allowances.

3. Attaching the bib pocket
Prepare the patch pocket by folding and finishing its edges. Position it on the front bib according to the design, ensuring that it is centred and correctly aligned. Stitch along the sides and bottom, reinforcing the upper corners to make the pocket secure.

4. Joining the front and back
Place the assembled front and back sections right sides together. Join them along the side seams and the inner leg seams, following the pattern. Match the reference points carefully and finish the raw edges using a suitable technique.

5. Closing the crotch
Insert one leg into the other, right sides together, and align the front and back crotch seams. Stitch along the crotch curve, ensuring that the central seams meet accurately.

6. Preparing and attaching the shoulder straps
Fold each strap lengthwise, right sides together, and stitch along the required edges. Turn the straps right side out and finish the edges. Attach them to the back at the designated points, checking that they are symmetrical and correctly positioned.

7. Attaching the buttons
Attach the external buttons at the positions indicated by the design. Ensure that they are securely fastened and easy to use. Avoid metal components or clips that could come into direct contact with the skin.

8. Finishing the seams and hems
Finish the internal seams using the most appropriate technique for the fabric and construction:

- Bias binding: encloses the raw edges for a neat finish.
- Overlocking: secures the raw edges quickly and effectively.
- French seams: enclose the raw edges within the seam itself, where the construction and fabric

- thickness allow.

Complete the hems, check all seams and remove loose threads. The internal finishes should be smooth and comfortable against the skin.

Try the dungarees on the intended wearer or a suitable fit model. Check the overall fit, freedom of movement, shoulder strap length, pocket placement and ease of dressing and undressing.





HOW TO MAKE THE BLOUSE

PATTERN MAKING DIAGRAM DEVELOPMENT

The blouse is made from soft, breathable cotton, with a comfortable fit and three-quarter-length kimono sleeves.

1. Preparing the basic pattern
Transfer a basic blouse pattern onto pattern paper using the measurements of the intended wearer. Allow sufficient ease to ensure comfort and freedom of movement.

2. Developing the kimono sleeves
Extend the front and back bodice patterns to create the kimono sleeves, following the design. Define the three-quarter sleeve length and the desired width, ensuring that the armhole area allows comfortable movement.

3. Defining the neckline
Draw the neckline according to the design, checking that the front and back sections match correctly.

4. Checking the pattern
Check the symmetry of the pattern, the matching seam lines and the sleeve length. Add seam allowances and label each piece with its name, fabric and cutting quantity.

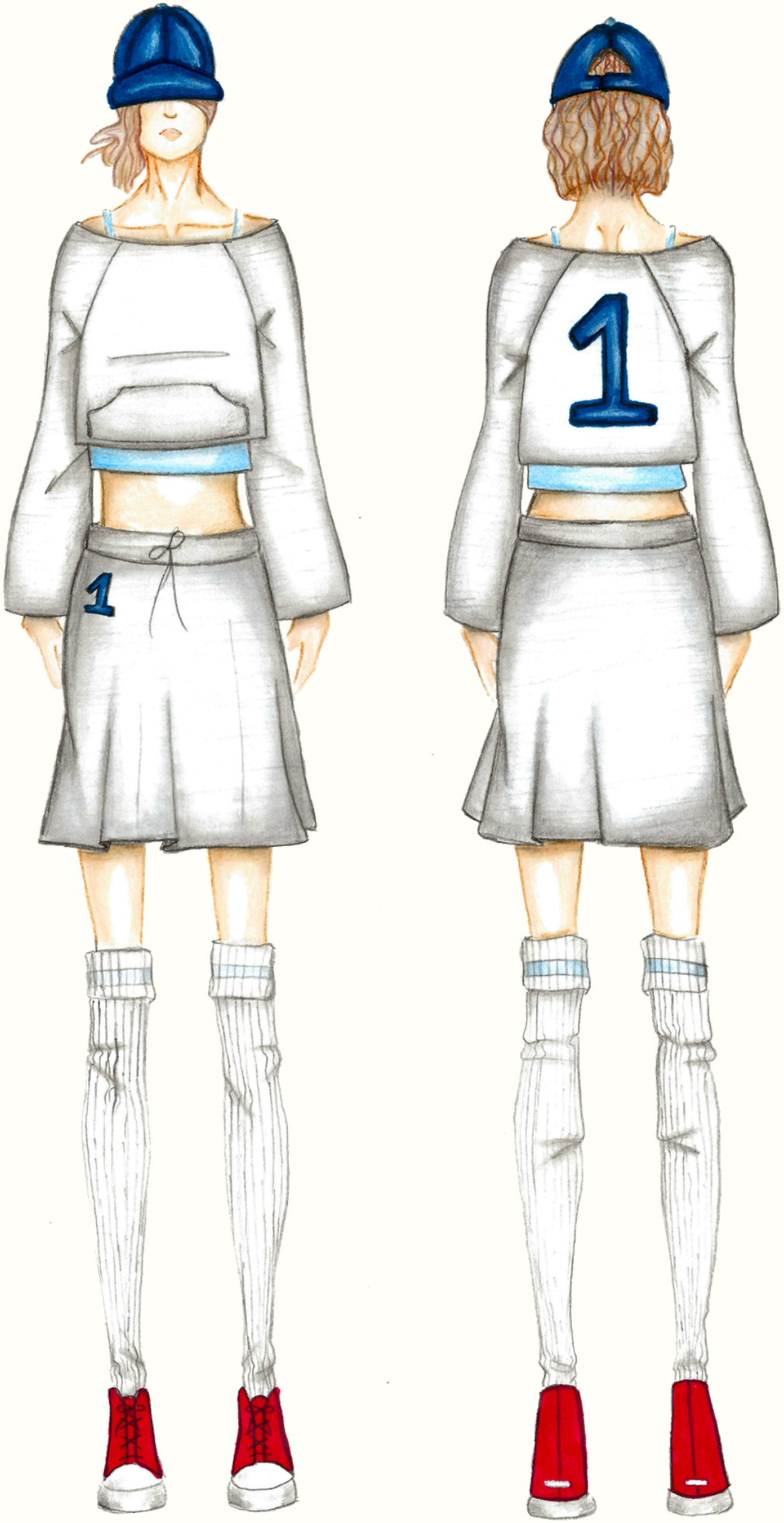
FABRIC CUTTING

Lay the cotton fabric on a clean, flat surface and identify the right and wrong sides, as well as the direction of any print. Position the pattern pieces with the grainline parallel to the selvedges. Cut the front, back and any additional pieces required by the pattern, ensuring that the fabric is not stretched or distorted.
Check that seam allowances are included in the pattern. If not, add approximately 1 cm for joining seams and 2 cm for hems, depending on the finishing method. Transfer all necessary notches and construction markings before removing the pattern pieces.

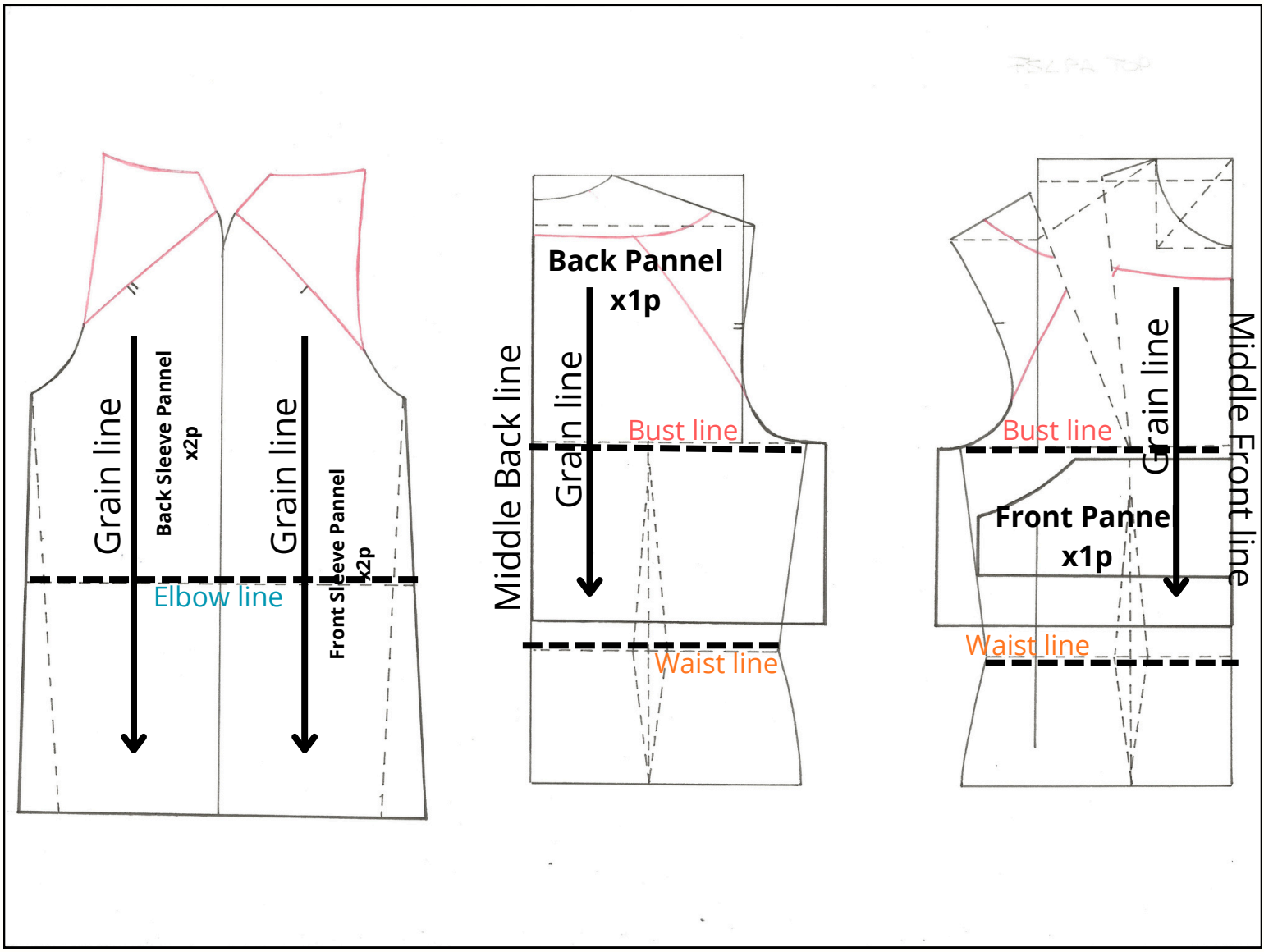
BLOUSE CONSTRUCTION

Place the front and back pieces right sides together and sew the shoulder seams, following the pattern. Finish the seam allowances using the most suitable technique for the fabric.
If the kimono sleeves are integrated into the bodice, continue by sewing the underarm and side seams in one continuous line, where the pattern construction allows. Match the reference points carefully to ensure that the seams align correctly.
Finish the neckline using the method specified by the design, such as bias binding or a facing, ensuring that the edge lies flat and remains comfortable against the skin.
Fold the sleeve hems and the lower hem of the blouse to the wrong side, then stitch evenly. Finish any remaining raw edges and remove loose threads.

Finally, check the fit, freedom of arm movement, sleeve length and comfort of the internal seams. The finished blouse should provide a relaxed fit and allow easy movement without creating pressure or irritation.



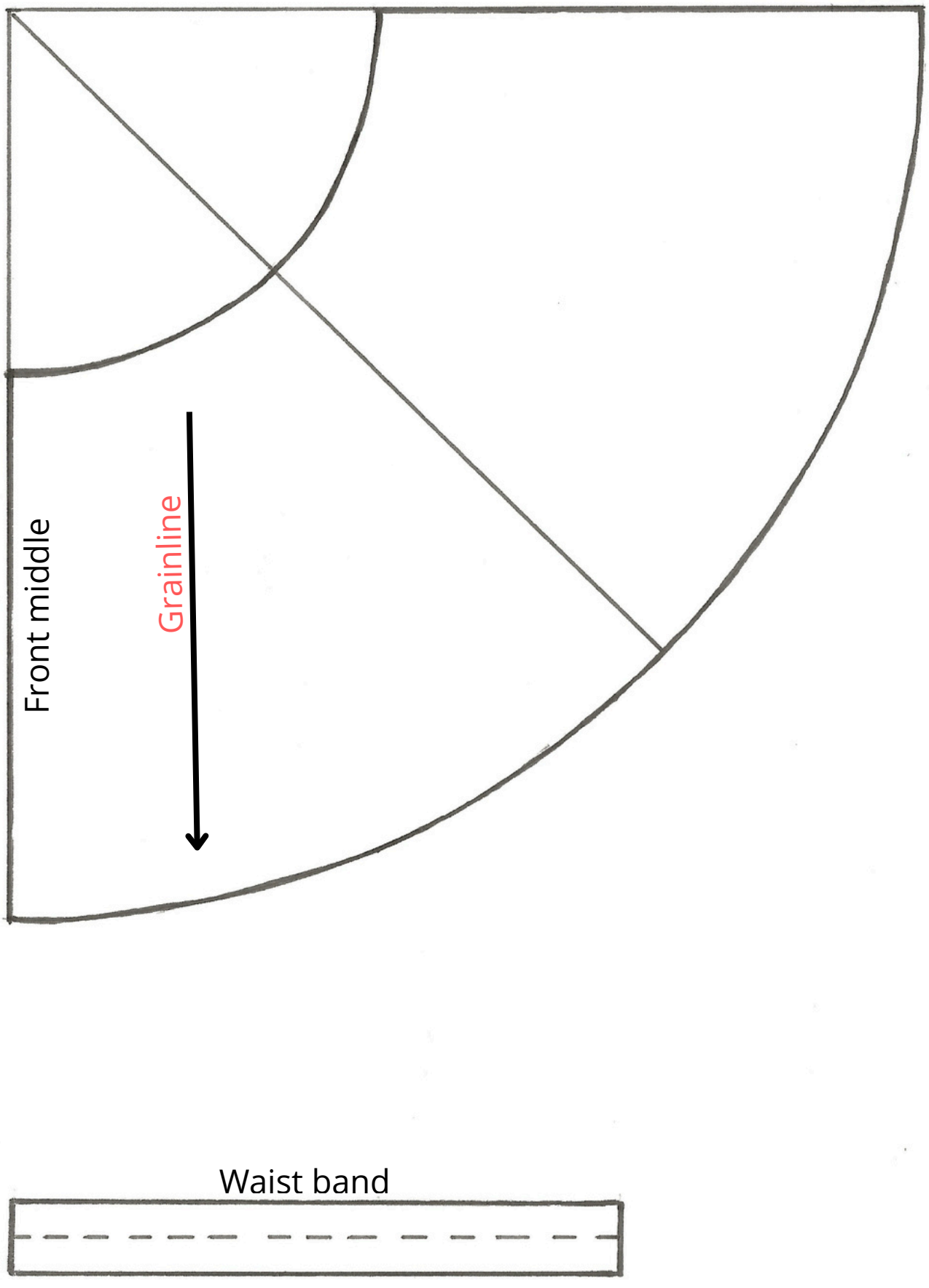
THREAD



..... Basic Pattern

_____ Adjusted Pattern

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HOW TO MAKE THE TOP

PATTERN MAKING DIAGRAM DEVELOPMENT

The pattern is developed from the basic front and back bodice blocks, adapted to achieve the desired design. The bodice is shortened to create a cropped length, while maintaining a relaxed fit that ensures comfort and freedom of movement.
The neckline is reshaped into a wide boat neckline. The raglan sleeves are developed by modifying the sleeve attachment lines on the bodice to create a sloping shoulder line and wide sleeves that allow ease of arm movement. The side seams, underarm lines and hem are then defined, checking the continuity of the seam lines and ensuring that the joining points of the different pattern pieces correspond correctly.
The front pocket is drafted separately, defining its shape and dimensions according to the design and its intended position on the bodice. The decorative number is also drafted separately to be cut from denim and applied to the garment.



FABRIC CUTTING

Cut the top pieces from non-brushed cotton sweatshirt fabric, following the grainline and ensuring the correct placement of the pattern pieces. Transfer all notches and construction markings required for assembly. Cut the front pocket and the decorative number from denim, following the prepared pattern shapes.

TOP CONSTRUCTION

Prepare the pocket and attach it to the front in the designated position.
Apply the denim number and secure it to the garment.
Assemble the different pieces by overlapping the seam allowances and securing them with a straight stitch, keeping the seams flat and minimising bulk against the skin. This technique helps prevent fabric build-up that could cause discomfort during wear.
The neckline, sleeve cuffs and hem are left with raw edges, with no turned hems or binding. Check the final fit to ensure comfort, sufficient ease and freedom of movement, avoiding any restriction in any area of the body.



HOW TO MAKE THE SKIRT

PATTERN MAKING DIAGRAM DEVELOPMENT

The skirt is made from non-brushed cotton sweatshirt fabric, selected to reduce the risk of skin irritation and prevent fibres or lint from coming into contact with the skin. The design features a half-circle silhouette, providing volume and freedom of movement without restricting the body.
The pattern is drafted using the waist measurement and the desired skirt length. A quarter-circle shape is drawn, calculating the waist radius according to the measured waist circumference and adding the skirt length to define the hemline. The regularity of the curved waistline and hemline is checked. The waistband is drafted separately, based on the waist circumference and incorporating a channel for the drawstring, which allows the fit to be adjusted.

The decorative number is drafted separately in denim, according to the shape and dimensions specified in the design.

FABRIC CUTTING

Place the pattern on the non-brushed cotton sweatshirt fabric, following the grainline and checking the correct fabric orientation. Cut the skirt panel and the pieces required for the waistband, adding seam allowances where necessary. Cut the decorative number from denim and prepare it for application.

SKIRT CONSTRUCTION

Apply the denim number in the designated position and secure it to the garment. Assemble the skirt pieces by overlapping the seam allowances and securing them with a straight stitch, keeping the seams flat to minimise bulk and prevent discomfort against the skin.
Construct the waistband, creating a channel for the drawstring, and then attach it to the skirt. Insert the drawstring through the waistband channel to allow the waist circumference to be adjusted and the garment to be adapted to the wearer's needs.
The skirt hem is left with a raw edge, without a turned hem or binding. Check the final fit to ensure comfort, ease and freedom of movement, avoiding pressure or restriction around the waist and during wear.INSER









VISUAL IMPAIRMENTS

Brief introduction to the disease and description of the article designed

Low vision and Blindness involve a partial or total loss of sight, significantly affecting everyday actions such as choosing and wearing clothing.
For many people, distinguishing colors, identifying the front and back of a garment, matching outfits, or locating the correct fastenings can be challenging. Even small details—such as hard-to-read labels or closures that are difficult to perceive by touch—can create confusion and reduce independence.

Starting from these needs, clothing can be reimagined in an inclusive way by introducing practical and thoughtful solutions. The use of tactile labels or touch-recognizable codes allows garments and their features—such as color or orientation—to be easily identified.

Similarly, guiding seams and raised details help users orient themselves while dressing.
From a functional perspective, magnetic buttons or simplified closures make it easier to open and close garments without relying on precise visual control. Soft fabrics and intuitive constructions, along with adjustable elements such as ties or elastic features, further support ease of dressing and independence.

The goal is to transform clothing into a tool for autonomy, enabling people with visual impairments to dress with confidence, comfort, and freedom—without compromising on style.



This dress is designed for individuals with visual impairments, supporting independent dressing through tactile guidance elements.

The design integrates tactile embroidery to help the user distinguish between front and back, as well as an additional coded embroidery system inspired by a tactile color identification method, allowing the wearer to recognize the color of the garment.

The dress features a simple, comfortable cut, easy to put on and suitable for everyday use, while maintaining an aesthetic and modern appearance.

This dress enhances autonomy for individuals with visual impairments by integrating tactile communication into garment design.

It demonstrates how clothing can become an intuitive tool, supporting both functionality and dignity, while maintaining aesthetic value.



Productive Objective

- Support independent dressing and provide orientation (front/back) through tactile elements
- Enable color recognition while ensuring comfort, ease of use, and inclusive design

Adaptive Features

- Tactile embroidery for back identification and coded symbols for color recognition
- Loose silhouette, wide neckline/opening, and minimal structure for ease of use

Recommended Materials

- Natural, breathable fabrics (cotton, linen, soft blends) with medium weight
- Raised embroidery thread and optional soft tactile labels

Pattern (Base and Adaptation)

- Based on a simple dress pattern with minimal seams
- Tactile markers for front/back, wider openings, and simplified closures

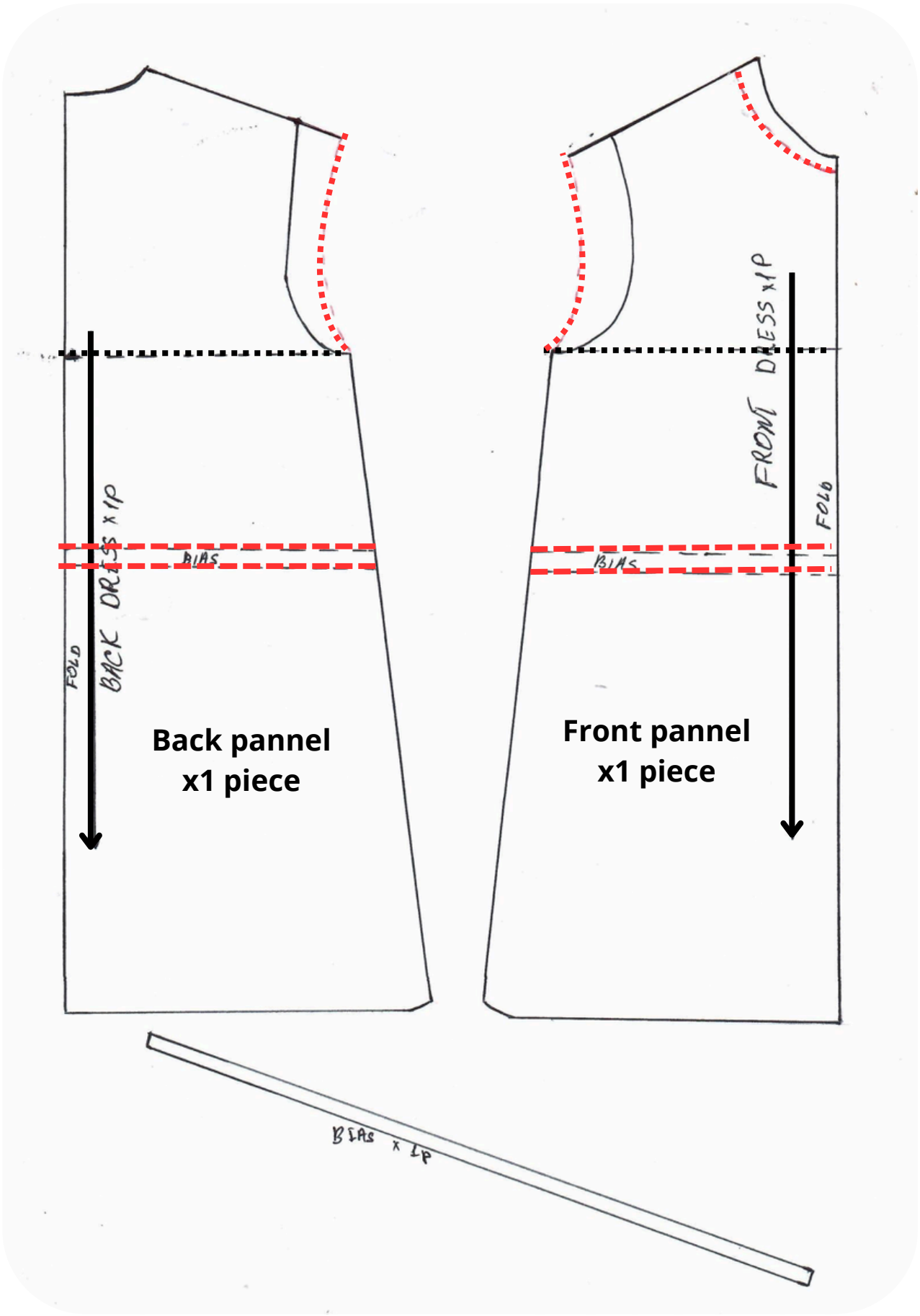
Construction Steps

- Prepare simple panels, plan tactile system, and apply raised embroidery for orientation and color coding
- Assemble garment, finish hems, and test tactile clarity and usability

Technical Recommendations

- Ensure tactile elements are clear, consistent, and comfortable to wear
- Avoid confusing details and test with visually impaired users whenever possible

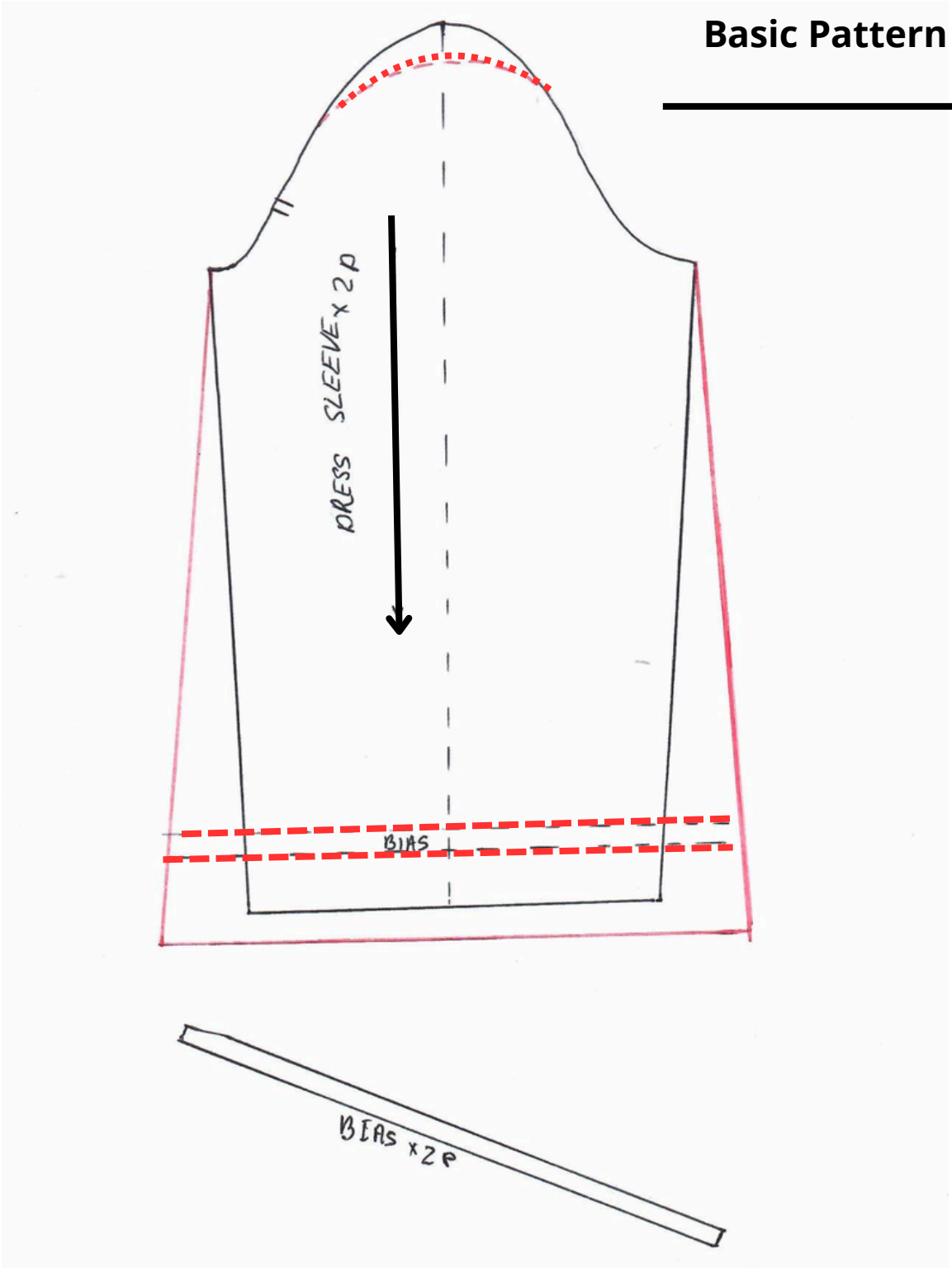
THREAD



Note: The diagram is for illustrative purposes only and is not to scale. Reliable measurements for garment construction cannot be obtained from it.

Adjusted Pattern

Basic Pattern



Note: The diagram is for illustrative purposes only and is not to scale. Reliable measurements for garment construction cannot be obtained from it.

HOW TO MAKE THE DRESS

PATTERN MAKING DIAGRAM DEVELOPMENT

Designed for blind and visually impaired people who may benefit from a simple garment without complex fastenings. A raised tactile embroidery marker is incorporated at the centre back neckline, allowing blind and visually impaired wearers to identify the back of the dress by touch and distinguish it from the front, making independent dressing easier.

Start from a dress block with 6–10 cm of total wearing ease at the bust. Deepen the neckline; transfer the shoulder dart to the waist dart, then eliminate the waist dart to create a relaxed silhouette. Lower the shoulder line by 4–6 cm and deepen the armhole. Define the waist with elastic and transfer the dart.

Identify the bust point and both legs of the shoulder dart on the basic block.

Draw a line from the waist dart tip towards the bust point and slash along it, keeping a small paper hinge.

Close the shoulder dart by bringing its legs together; the intake opens at the waist to form the transferred dart.

To obtain the relaxed silhouette, redistribute the waist dart intake by spreading the pattern towards the hem rather than simply overlapping the dart legs. True the side seam and hem, check seam lengths and preserve pattern notches. Check the exact slash-and-spread arrangement against the attached pattern.

Materials required:

Main fabric: 3–3.5 m
Thread matching the fabric
Bias binding
Elastic: 1.2–1.6 m

FABRIC CUTTING

- Pre-shrink and press the fabric using steam at the temperature recommended for the chosen fabric.
- Fold the fabric and place it on the cutting table so that the selvage runs parallel to the edge of the table.
- Arrange the pattern pieces on the fabric, ensuring that the grainline is correctly aligned.
- Cut the following pieces:
- Front panel – 1 piece
- Back panel – 1 piece
- Sleeves – 2 pieces

CONSTRUCTION

- Place the front and back panels right sides together. Pin the side seam allowances and stitch the side seams.
- Sew the shoulder seams to join the front and back panels.
- Finish all seam allowances using an overlocker or French seams, then press them with steam.
- Mark a straight line at the waist on the right side of the dress using tailor's chalk. Sew bias binding along this line to create a casing, leaving a small opening for inserting the elastic.
- Thread the elastic through the casing. The elastic may be 5–8 cm shorter than the waist measurement. Stitch the opening closed.
- Sew the sleeve underarm seams. Finish the seam allowances in the same way as those of the dress.
- Fold the sleeve hems towards the wrong side, press and stitch, or finish them with an overlocker.
- Use bias binding to create a casing 8–10 cm above the sleeve hem.
- Insert 18–22 cm of elastic into each casing. The steps for making the bias-binding casing are the same as those used for the waist casing.
- Set the sleeves into the armholes, matching the notches on the dress and sleeves. Finish the seam allowances.
- Finish the dress hem by folding it towards the wrong side, pressing and stitching, or using an overlocker.
- Create a raised tactile embroidery marker on the outside of the garment at the centre back neckline. Ensure that the embroidery is clearly distinguishable by touch, securely stitched and comfortable against the skin.

Check that the neckline allows easy dressing, the elastic is comfortable, and the wearer can identify and orient the garment.


CATALEYA



THREAD

This adaptive two-piece set has been designed for individuals with reduced mobility, limited arm movement, or difficulties during dressing and undressing.

The outfit includes an adaptive blouse and matching trousers, both developed with full opening systems using snap buttons to make the dressing process easier, more practical, and more comfortable.

By reducing the need for excessive arm lifting or complex body movements, the garment supports both independent and assisted dressing while maintaining comfort, functionality, and a discreet modern appearance.



Product Objective

- Simplify dressing and undressing while reducing excessive arm and shoulder movement.
- Support comfort, independence, assisted dressing, and a discreet modern appearance.

Adaptive Features

- The blouse includes full sleeve openings and a back opening system; the trousers feature full side openings and an elastic waistband.
- Loose-fitting shapes, soft construction, and simplified closures improve accessibility and comfort.

Recommended Materials

- Soft, breathable fabrics such as cotton, jersey, organic cotton, or lightweight linen blends are recommended.
- Snap buttons, reinforced thread, and elastic waistbands ensure durability and ease of use.

Pattern (Base and Adaptation)

- The design is based on a standard two-piece outfit adapted for accessibility and reduced mobility.
- Adaptations include sleeve and side openings, back access, elastic waistbands, and wider shapes for easier dressing.

Construction Steps

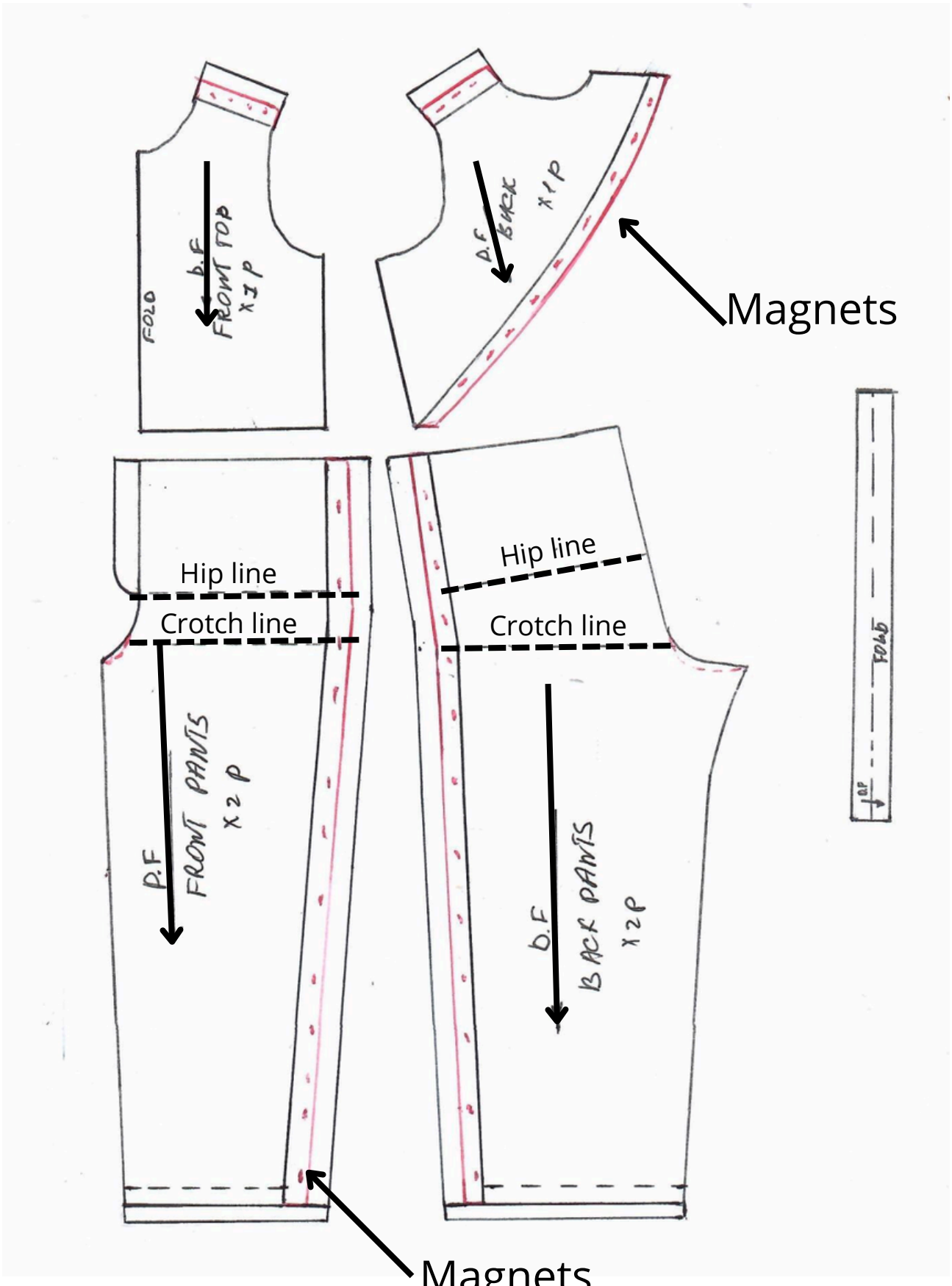
- Prepare and cut all pattern pieces, reinforce adaptive openings, and apply snap buttons securely.
- Assemble blouse and trousers, finish seams and hems, and test all opening systems for comfort and functionality.

Technical Recommendations

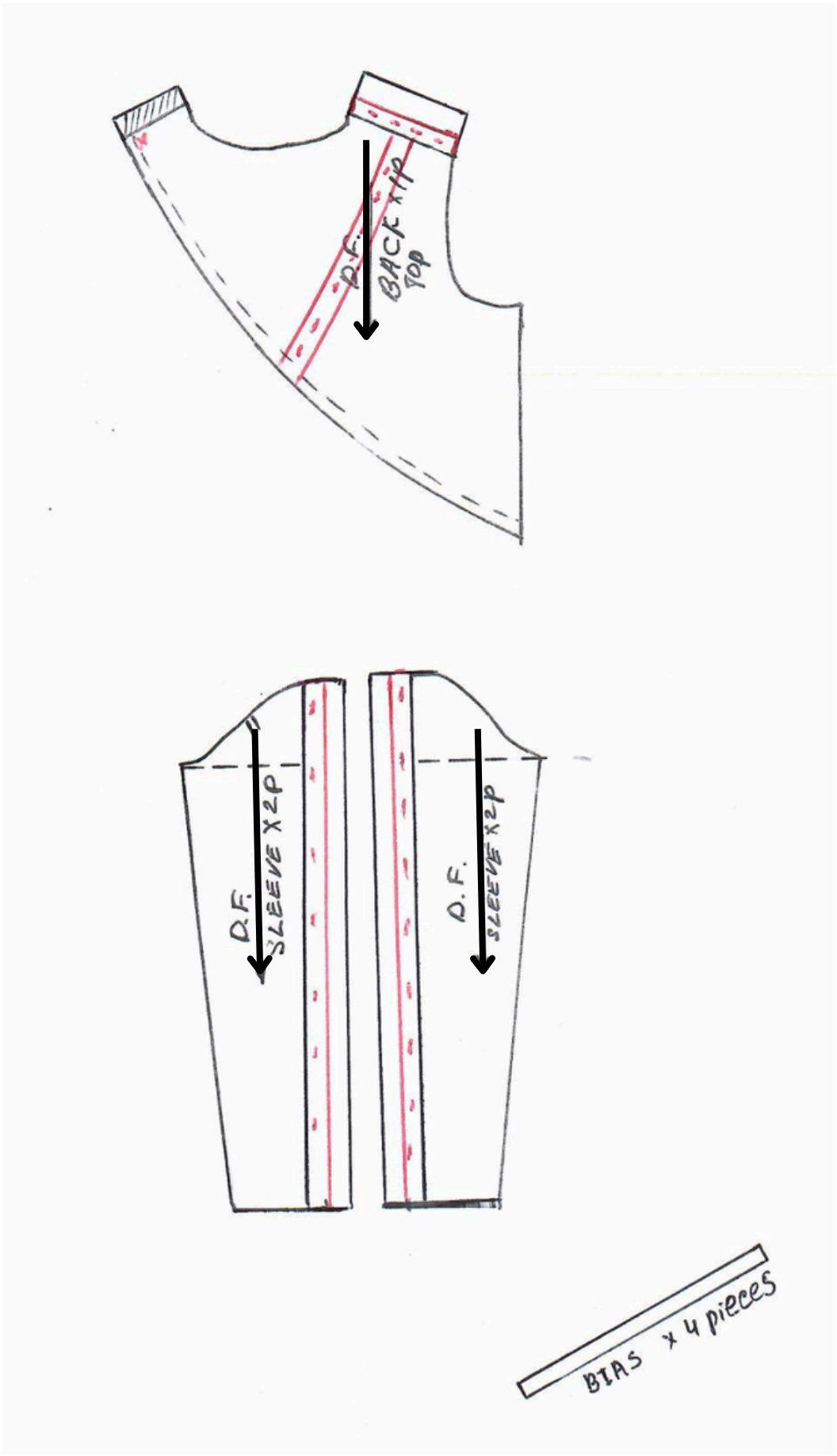
- Use durable fastening systems and reinforce areas exposed to repeated tension.
- Ensure openings are wide and practical while maintaining soft interior seams for comfort.

THREAD

Crotch line



Note: The diagram is for illustrative purposes only and is not to scale. Reliable measurements for garment construction cannot be obtained from it.



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HOW TO MAKE THE BLOUSE

PATTERN MAKING DIAGRAM DEVELOPMENT

The wide openings along the shoulders and sleeves make this blouse easier to put on for people with reduced mobility.

Use a dartless bodice block. Draw a diagonal line across the back from the outer shoulder point to the opposite side, and divide each sleeve into two sections. The fasteners will be placed along the resulting openings.

FABRIC CUTTING

- Pre-shrink and press the fabric using steam at the temperature recommended for the chosen fabric.
- Fold the fabric and place it on the cutting table so that the selvage runs parallel to the edge of the table.
- Arrange the pattern pieces on the fabric, ensuring that the grainline is correctly aligned.
- Cut the following pieces:
- Front panel – 1 piece
- Back panels – 2 pieces
- Front sleeve sections – 2 pieces
- Back sleeve sections – 2 pieces
- Side seam allowances may vary between 1 and 2 cm. The bottom hem allowance is 2 cm.

TOP CONSTRUCTION

- Pin the sleeve sections together along their side seams, then stitch them by machine. Finish and press the seam allowances.
- Place the front panel and back panels right sides together along the side seams and stitch them. Finish and press the seam allowances.
- Set the sleeves into the bodice armholes, leaving the shoulder seams open.
- Apply fusible tape to all seam allowances where the magnets or snap fasteners will be sewn, including the centre sleeve edges and shoulder edges. Fold the interfaced allowances towards the wrong side of the fabric. Stitch 3 cm from the edges and press thoroughly with steam.
- Fold the sleeve hems towards the wrong side, press and stitch by machine.
- Finish the neckline with bias binding. First, pin one edge of the binding to the neckline and stitch it in place. Fold the remaining edge of the binding over the neckline and secure it with machine stitching.
- Sew the magnets or attach the snap fasteners along the full length of the sleeves and shoulders, spacing them 8–10 cm apart.
- Press and stitch the bodice hem, or finish it with bias binding.
- Check that all blouse pieces are aligned correctly and that all seams are properly sewn.
- Press the finished blouse thoroughly.

Check whether the wearer can access the openings, whether the sleeves and shoulders remain comfortable, and whether each fastener is secure.
Where needed, adjust the pattern or fastening layout after testing with the intended wearer.

HOW TO MAKE THE TROUSERS

PATTERN MAKING DIAGRAM DEVELOPMENT

Designed for people with reduced mobility, including wheelchair users. Magnetic openings along the outer leg seams allow the trousers to open widely for assisted or independent dressing.
Adapt a classic trouser block to a relaxed silhouette: remove darts, bring the waist measurement into line with the hip measurement, widen the hem by 8–20 cm depending on the desired flare, and lower the crotch line by 1.5–3 cm at front and back. The fly is decorative.

FABRIC CUTTING

- Pre-shrink and press the fabric using steam at the temperature recommended for the chosen fabric.
- Fold the fabric and place it on the cutting table so that the selvage runs parallel to the edge of the table.
- Arrange the pattern pieces on the fabric, ensuring that the grainline is correctly aligned.
- Cut the following pieces:
- Front panels – 2 pieces
- Back panels – 2 pieces
- Waistbands – 2 pieces
- Side seam allowances may vary between 1 and 2 cm.

The bottom hem allowance is 2–6 cm.

TROUSERS CONSTRUCTION

- Apply fusible tape to the side edges of the front and back panels, on the wrong side of the fabric.
- Press the interfaced seam allowances towards the wrong side, observing the specified allowances. Stitch 3 cm from the edges of the panels.
- Place the front and back panels right sides together along the inner leg seams and pin them in place. Stitch by machine.
- Finish the seam allowances and press them open.
- Join the two trouser legs and sew the crotch seam. Finish the seam allowances with an overlocker and press them. Add decorative topstitching to the fly area.
- Prepare the waistbands. One waistband should match the length of the back waistline, and the other should match the length of the front waistline. The elastic used in each waistband should be 5–7 cm shorter than the corresponding waistband.
- Fold and press the fabric for each waistband. Attach one end of the elastic to one end of the waistband and stitch it in place. Repeat at the other end. To make attaching the waistband to the trousers easier, stitch along the free edge of the waistband, close to the elastic, securing the elastic inside the waistband.
- Attach the waistbands to the front and back of the trousers, matching the centre points of each piece. Finish the seam allowances and press them downwards.
- Attach the magnets along the outer side edges of the trouser legs.
- Press and sew the trouser hems, ensuring that both legs are the same length.
- Check that all trouser pieces are aligned correctly and that all seams are properly sewn.
- Press the finished trousers thoroughly.

Check seated comfort, pressure points, ease of opening the side seams, magnet security and leg length.
Where needed, adjust the pattern or fastening layout after testing with the intended wearer


ATALE

COGNITIVE DISABILITY

Brief introduction to the disease and description of the article designed



Cognitive disabilities include challenges in learning, memory, organization, and carrying out daily tasks, including dressing. For individuals affected, seemingly simple actions—like choosing an outfit, buttoning a shirt, or coordinating multiple garments—can become stressful, confusing, and frustrating. Complex details or non-intuitive fastenings can undermine independence and reduce a person's sense of autonomy.

To address these needs, clothing can be designed with simplicity and clarity in mind, making every action more immediate and intuitive. Magnetic buttons or simplified closures replace more complex systems like zippers or small buttons, while soft, comfortable fabrics make the dressing experience more relaxed. Tactile labels, contrasting colors, and simple visual cues help quickly identify the front and back of garments or distinguish possible outfit combinations.

Additionally, adjustable elements such as ties or elastic at the wrists and ankles allow garments to be easily adapted to the body without continuous assistance. The goal is to create clothing that restores autonomy, confidence, and comfort, enabling people with cognitive disabilities to approach daily life with greater security and ease.



THREAD

This adaptive jumpsuit is designed for individuals with cognitive disabilities such as autism, dementia, or other behavioral conditions, where there may be a tendency for involuntary or repetitive undressing.

The garment features a back closure system, which limits the user's ability to access the fastening independently, thereby preventing accidental or intentional undressing. The design is simple, comfortable, and safe, ensuring ease of use for caregivers while maintaining the user's dignity.

The overall construction avoids complex elements and focuses on functionality, comfort, and a non-medical appearance. This adaptive jumpsuit provides an effective solution for managing involuntary undressing behaviors in individuals with cognitive disabilities. It enhances safety, supports caregivers, and maintains the user's dignity.



Product Objective

- Prevent involuntary or repetitive undressing, ensure user safety, and support caregivers in dressing.
- Maintain dignity and comfort for the user while providing a discreet, non-medical aesthetic.

Adaptive Features

- Back closure using snaps positioned out of the user's direct reach, with loose fit for comfort and movement.
- Simple construction, soft neckline, and full-body coverage for easier assisted dressing and increased security.

Recommended Materials

- Soft, breathable, hypoallergenic fabrics such as 100% cotton, jersey, or lightweight linen.
- Avoid stiff or slippery materials; use reinforced sewing thread for durability.

Pattern (Base and Adaptation)

- Start from a standard jumpsuit pattern, adapting the back for full or partial opening and adding seam allowances for closures.
- Simplify the neckline and adjust the fit to a slightly looser silhouette for assisted dressing.

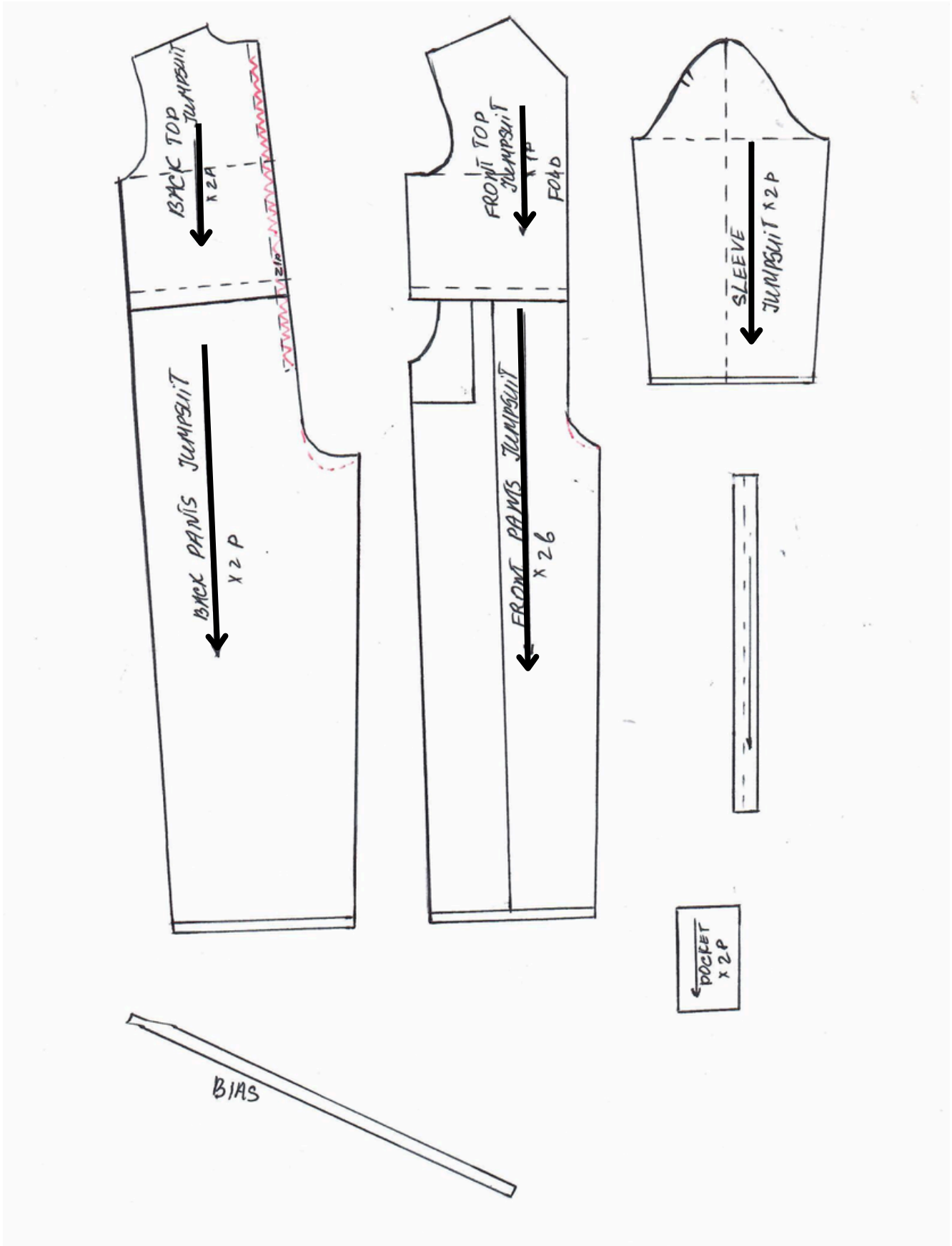
Construction Steps

- Draft and cut pattern pieces, prepare back opening, reinforce edges, and apply snaps or Velcro securely.
- Assemble garment by joining seams, attaching sleeves, hemming edges, and checking closure functionality.

Technical Recommendations

- Use durable fastening systems, reinforce closure areas, avoid pressure-sensitive locations, and ensure caregiver-friendly handling.
- Test the garment in real-use conditions whenever possible to guarantee safety and comfort.

THREAD



Note: The diagram is for illustrative purposes only and is not to scale. Reliable measurements for garment construction cannot be obtained from it.

HOW TO MAKE THE JUMPSUIT

PATTERN MAKING DIAGRAM DEVELOPMENT

This jumpsuit was developed as a possible adaptation for some autistic people with sensory sensitivities who may remove clothing, including in public settings. A rear zipper may make spontaneous opening less likely in particular circumstances. This is not a universal solution for autistic people: its suitability must be decided individually with the wearer and, where appropriate, caregivers, considering sensory comfort, consent, safety, and prompt access for toileting or emergencies.

Use dartless bodice and trouser blocks, with 8–16 cm of wearing ease. Lower the bodice waistline by 4–6 cm and deepen the crotch by 2–5 cm on the front and back trouser sections.

FABRIC CUTTING

- Pre-shrink and press the fabric using steam at the temperature recommended for the chosen fabric. Prepare the zipper as well.
- Fold the fabric and place it on the cutting table so that the selvage runs parallel to the edge of the table.
- Arrange the pattern pieces on the fabric, ensuring that the grainline is correctly aligned.
- Cut the following pieces:
- Bodice front – 1 piece
- Bodice back – 2 pieces
- Trouser front panels – 2 pieces
- Trouser back panels – 2 pieces
- Sleeves – 2 pieces
- Pockets – 2 pieces
- Inner zipper facing – 1 piece
- Side seam allowances may vary between 1 and 2 cm. T

he trouser hem allowance is 2–6 cm.



JUMPSUIT CONSTRUCTION

- Place the bodice front and back panels right sides together. Pin them in place and stitch by machine.
- Sew the shoulder seams.
- Finish all bodice seam allowances with an overlocker or French seams, then press them open.
- Sew the sleeve underarm seams. Finish the seam allowances in the same way as those of the bodice.
- Fold the sleeve hem allowances towards the wrong side, press and stitch.
- Set the sleeves into the bodice armholes, matching the notches on the sleeves and bodice. Finish the seam allowances.
- Pin the pockets to the right side of the trouser front panels and stitch them by machine. Check that both pockets are identical.
- Assemble the trouser legs by placing the front and back panels right sides together and stitching them by machine. Finish the seam allowances in the same way as those of the bodice and press them open.
- Join the trouser legs along the crotch seam and stitch.
- Finish the trouser hems, ensuring that both legs are the same length. Press the hems with steam and stitch them.
- Finish all trouser seam allowances and press them in the same way as those of the bodice.
- Join the bodice to the trousers. First, pin the centre front of the bodice to the centre front of the trousers,

then match the side seams of both pieces. If handling the two pieces together is difficult, they can first be hand-basted and then machine-stitched.

- Apply fusible tape to the centre-back seam allowance where the zipper will be inserted.
- Insert the concealed zipper. Sew one side of the zipper to one back edge of the jumpsuit. Close the zipper and sew the remaining side to the opposite back edge. Press the zipper carefully after sewing.
- Sew the inner zipper facing to the zipper seam allowance.
- Finish the centre-back seam allowances.
- Check that all jumpsuit pieces are aligned correctly and that all seams are properly sewn.
- Press the finished jumpsuit thoroughly.











AN IDEA OF THE SAME JUMPSUIT FOR A MEN

THREAD

5 GOOD PRACTICES FOR INCLUSIVE TAILORING



Listening to and involving people with disabilities

Inclusive design should start from the real experiences of people living with specific conditions. Speaking directly with them helps designers understand daily challenges and create garments that truly respond to their needs.



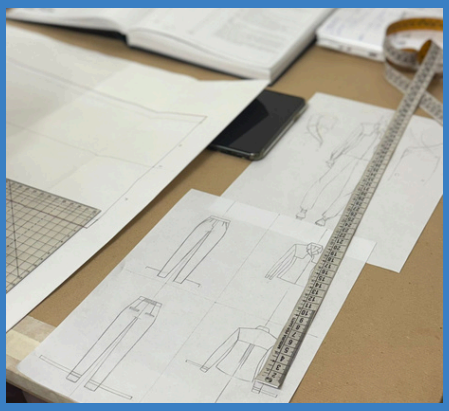
Choosing appropriate and comfortable materials

Fabric selection is essential in adaptive tailoring. Soft, breathable and smooth materials help reduce irritation, pressure and friction, improving comfort for people with sensitive skin or medical conditions.



Reducing pressure and friction points

Thick seams, internal labels, rigid elements or metal components can cause discomfort or skin irritation. Using flat seams and minimizing internal thickness helps protect the skin and improves wearability.



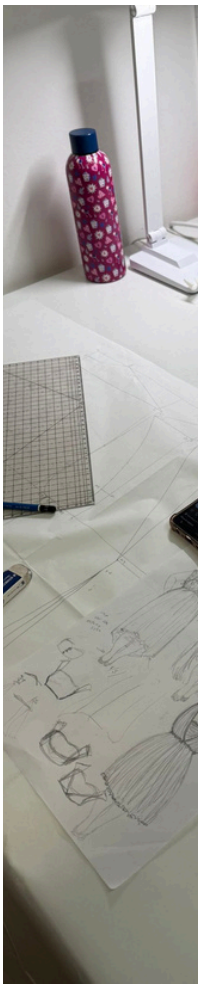
Designing for comfort and autonomy

Adaptive garments should support independence. Loose fits, wide openings and easy closures make dressing simpler and reduce the need for assistance.



Combining functionality and aesthetics

Inclusive fashion should not focus only on function. People with disabilities also want to express their identity through clothing, so adaptive garments should be both practical and stylish.











Throughout the Thread project, dialogue and collaboration played a fundamental role. The development of the garments was not only based on research, but also on direct exchanges with people living with different disabilities, whose experiences helped guide the design process. At the same time, the project created an important space for discussion between teachers and participants from different backgrounds. This interaction encouraged the sharing of ideas, technical skills and creative perspectives.

The collaboration between Cataleya Academy and Momo School also fostered a valuable cultural exchange, allowing participants to learn from each other's approaches and experiences. This continuous dialogue helped transform the project into a collective learning process, where design, empathy and knowledge came together to inspire more inclusive fashion solutions.

THREAD

ADAPTIVE FASHION TRANSFORMS LIMITATIONS INTO DESIGN, AND CLOTHING INTO A TOOL FOR DIGNITY AND SELF-EXPRESSION



Projects like this are particularly valuable because they allow designers and students to engage directly with people living with different types of disabilities, listening to their experiences and understanding the everyday challenges they face.

Many individuals experience discomfort when wearing garments that are not designed with their bodies and specific needs in mind. Through dialogue and collaboration, this project has given us the opportunity to rethink clothing not only as an aesthetic expression, but also as a tool for comfort, dignity and inclusion.

We hope that the looks presented in this catalogue, as well as the entire Thread Inclusion project, can become a source of inspiration and reflection for fashion professionals, designers and companies—especially for those who wish to explore the field of adaptive and inclusive tailoring.

This catalogue has been conceived as an open and accessible resource, available to everyone. Its aim is to promote awareness, encourage the free dissemination of ideas and provide practical examples that can inspire others. The garments presented here are not only conceptual proposals, but also designs that can be interpreted, reproduced and further developed by other professionals.

Ultimately, the goal is simple but meaningful: to contribute, even in a small way, to a fashion system that is more attentive, more inclusive and truly designed for every body.

Erasmus+

THREAD

Follow the project

Open Access and Licence
This practical guide was developed as part of the Erasmus+ KA210-VET project THREAD – Adaptive Tailoring for Inclusion, project number 2025-1-RO01-KA210-VET-000352985.
The educational content, sewing instructions and original patterns are made freely available to support learning, teaching and the development of adaptive tailoring practices.