

Practice buddy for compression socks

It will make a difference when practicing with compression socks.

A family member, neighbor, or friend will soon be getting compression socks. With a tool they can learn to put on and take off these socks independently. However practicing is crucial, and it works much better when they practise with someone.



As a practice buddy, you will temporarily play an important role. You won't need to help with the care, but with them becoming more independent.

What does your role entail?



You are (if possible) present during the explanation of the Occupational Therapist or professional.



You will watch or will make a video of how the tool is used.



You will help with practicing, especially during the first few days.



You will encourage, remind, and think practically.

Practicing is temporary. Usually, someone can do it themselves within a few days to two weeks.

Why is your help important?



With your help, someone will learn to use the tool faster.



You will help prevent the need for extra home care.



You contribute to greater independence, which is good for everyone.

Do you think you can't do it alone?



You don't have to do it alone. Maybe you can take turns practicing with another family member or a neighbor.



Tip: For example, ask: "Can you help practicing one or two mornings? So we can take turns."