

Disability Inclusion: Catalyzing Change Through Sport

May 5 - 7, 2025
Park City, Utah



Hosted By



Adaptive Apparel & Adaptive Sports

The Importance of Apparel
and Gear for Adaptive
Athletes of All Abilities

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Accessibility and Language Check In

Text and Images

This presentation includes slides with text and images, as well as additional information that I verbally present. I will include verbal descriptions of visuals.

Language

I use both people first (i.e. people with disabilities) and disability first (i.e. Disabled person) language.

Who Am I & Why Adaptive Apparel?

Daughter & Student → Fashion Designer

Fashion Designer → Consultant

Kayaker → Kayak Guide

All coming together to expand inclusion in apparel!





Who's at the table?

- Have you heard of adaptive fashion?
- What's your role? Athlete, coach, OT, non-profit, etc.
- What's your relationship to adaptive apparel? Do you use adaptive apparel or gear? Recommend it? Assist with dressing?

What Is Adaptive Apparel?

Apparel or fashion products such as garments, accessories, and shoes designed specifically for people with disabilities. Adaptive apparel is also used to describe the segment of the fashion industry focused on creating products for people with disabilities. Inclusive fashion, functional fashion, and adaptive fashion are sometimes used interchangeably, although they do have different definitions.



What About Clothing Is Challenging?

Getting
Dressed

Feeling
Comfortable

Using the
Clothing



Definitions

Hacked Clothing

Clothing individually modified by the wearer, purchaser, or alterations specialist. This category of clothing can include wearing garments for purposes other than originally intended by the brand.

Adaptive Design

The process of designing specifically for people with disabilities with consideration of the person doing the dressing, which may be a caregiver or the person with disabilities themselves.

Universal Design

Designing products from their inception for accessibility by as many people as possible.

During the design process, consideration is given for the wide variety of needs faced by a variety of people.



Universal Design Examples

Example 1: Patagonia Women's & Men's Outdoor Everyday Shorts

Why We Love It:

- Works for a range of disabilities, including:
 - Those that use mobility aids such as wheelchairs and crutches,
 - Those with sensory sensitivities,
 - Those with lower limb prosthetics,
 - Those with fine motor skill challenges,
 - Those with limited mobility, and
 - Those with cognitive disabilities.
- Offered in men's, women's, and kids.
- Can be washed and dried at home.



Everyday Shorts Features:

Side body pockets with secure closures - 2 location options

Flat felled seams lay smoothly against the body


Wide leg opening makes dressing easier



Photo source: Patagonia

Photo source: Patagonia

Everyday Shorts Features:



Elastic waist with built-in adjustable belt



Womens + kids: No back body pocket



Example 2: Vuori Men's Ripstop Pant

Why We Love It:

- Works for a range of disabilities, including:
 - Those that use mobility aids such as wheelchairs and crutches,
 - Those with fine motor skill challenges,
 - Those with limited mobility, and
 - Those with cognitive disabilities.
- Provides a polished look, while still having a lot of functionality.
- Slim fit means no excess fabric that could get caught or bunch up.
- Can be washed and dried at home.

Ripstop Pant Features:

Gusset for range of motion and less restriction

Repositioned pocket with secure zipper closure



Ripstop Pant Features:



Elastic waist with drawcord

Durable ripstop fabric

Example 3: Brook's Dare Zip Run Bra

Why We Love It:

- Works for a range of disabilities, including:
 - Those with limited mobility,
 - Those with cognitive disabilities, and
 - Those with sensory sensitivities.
- Easier dressing means easier wearing with this sports bra.
- Support without underwire for long lasting comfort.
- Transparent and direct care instructions.



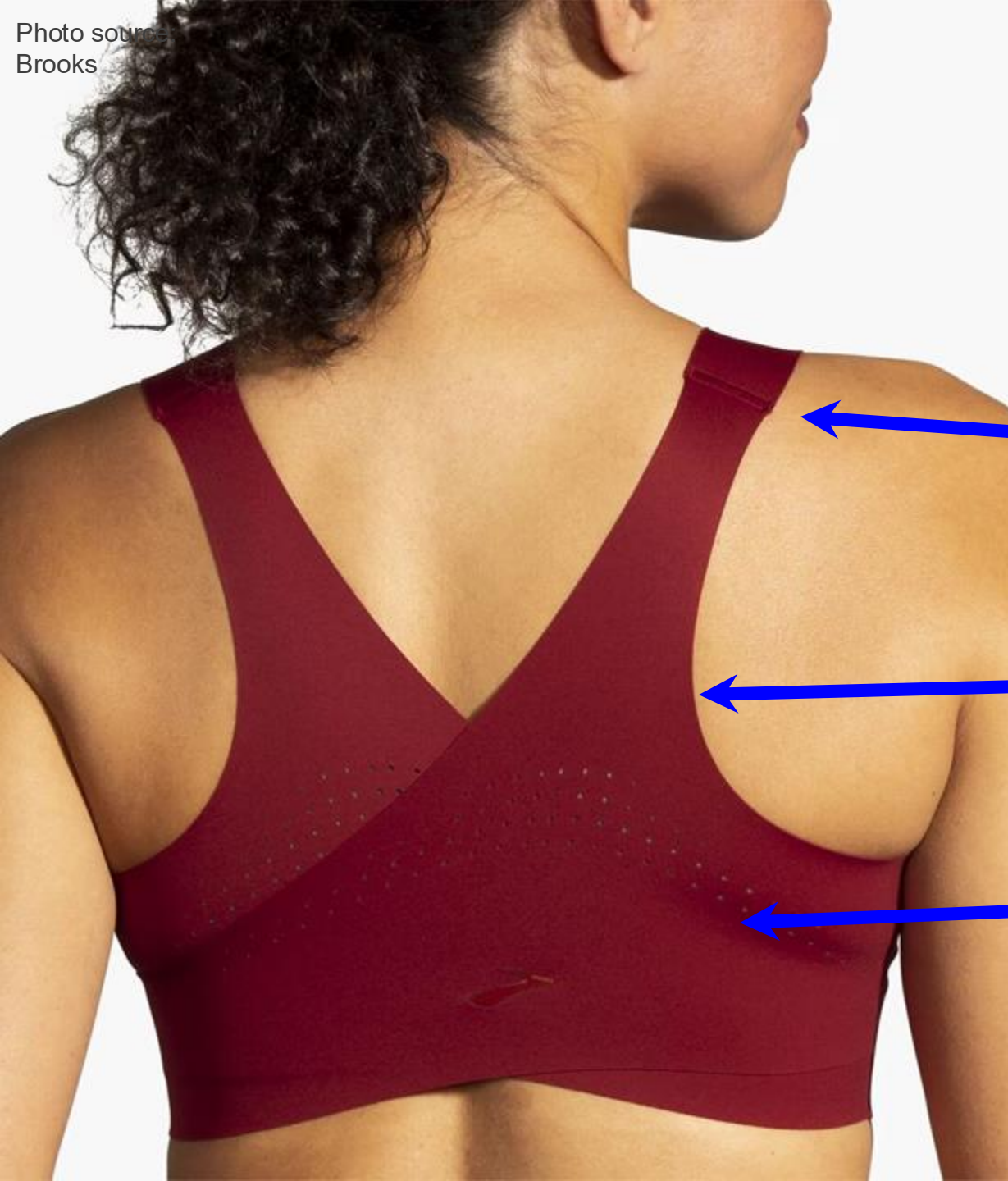
Zip Run Bra Features:

Front zipper closure with additional
hook & eye

Enclosed zipper base for comfort
without irritation



Photo source:
Brooks



Zip Run Bra Features:

Double panel back body for enhanced support while maintaining comfort

Laser cut edges reduce number of seams

Laser cut holes for air flow



Example 4: Kuhl Men's Renegade Rock Pant

Why We Love It:

- Works for a range of disabilities, including:
 - Those that use mobility aids such as wheelchairs and crutches,
 - Those with varying body types, and
 - Those with temperature regulation challenges.
- Well designed pant with numerous, multi function features.
- Specifically patterned to fit for a variety of uses.
- Easy care.


Rock Pant Features:

Repositioned pocket for easier access

Pockets function as vents for temperature regulation



Rock Pant Features:



Hem drawcord creates cinch for shorter length or less fabric.

Quick dry fabric with sun protection, abrasion resistance, and water resistance.



What does this mean for
me as an adaptive athlete?

What apparel
or gear
challenges do
you face?



Photo source: MIGA Swimwear
@MigaSwimwear

Have you
found any
hacks or work
arounds?



Photo source: The North Face

What
solutions
would you
want to see
developed?

Photo source: Mountain Hardware





Keep Up To Date

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