

FIT LIKE A GLOVE - INCLUSIVE FASHION

I Fill in the table. Then draw pictures representing the items.

poncho balaclava pinafore cloak bustier fascinator
clogs

Word	Definition	Polish translation	Image
	A sleeveless dress worn over a blouse or top, often associated with school uniforms		
	shoes with thick, often wooden, soles and an open or closed upper		
	A long, loose outer garment that drapes over the shoulders, often used historically or for formal wear.		
	A large piece of cloth with a hole in the middle for the head, often worn as a raincoat.		
	a tight-fitting, strapless top (similar to a corset)		
	A close-fitting cloth covering the head and neck, leaving only the face (or part of it) exposed.		
	a small, decorative headpiece, usually made of feathers, flowers, or fabric, and attached to a band or clip; often worn by women at weddings, races, or other formal events		

II Discussion in pairs: Have you ever worn those items? What the types/styles/colours of clothes you never wear?

III Match the words with their translations.

- | | |
|---------------|-------------------------------|
| 1. accessible | a) zapięcie |
| 2. diverse | b) zapoczątkować, wystartować |
| 3. closure | c) dostępny |

4. dexterity

d) zręczność

5. launch

e) różnorodny, zróżnicowany

IV Read the text and answer the questions.

1. What is the main goal of inclusive fashion?
2. Name two brands that create adaptive clothing and describe one feature of their designs.
3. How have plus-size and gender-neutral collections changed in recent years?
4. Why is representation in fashion campaigns important, according to the text?
5. How does inclusive fashion challenge traditional standards of beauty?

Inclusive Fashion: Clothing That Puts Everyone in Style

For years, fashion was seen as a world of exclusivity, where only certain body types and lifestyles were represented on runways and in magazines. Today, however, the industry is beginning to open its doors. A growing movement known as *inclusive fashion* is reshaping how we think about clothing by prioritising accessibility, diversity, and self-expression for all.

One of the fastest-growing areas is **adaptive fashion**, designed for people with physical disabilities. Brands are rethinking the way clothes fasten, fit, and function. “It’s about independence as much as style,” says one spokesperson from Tommy Hilfiger. Their **Adaptive collection** replaces small buttons with magnetic closures, while trousers feature side zips and adjustable waists - innovations that make dressing easier for wheelchair users or those with limited dexterity.

Footwear has also undergone a revolution. **Nike’s FlyEase trainers**, with zippered heels that fold down, allow the wearer to slide their foot in with minimal effort. Similarly, **Billy Footwear** has created shoes that unzip completely across the top, opening flat like a book. This design is especially helpful for people who wear orthotics or struggle with flexibility. The best part? Both brands ensure these shoes look as fashionable as any other pair on the high street.

Inclusive fashion does not stop there. For individuals who wear plus sizes, labels such as **ASOS Curve** and **Universal Standard** now produce full collections that echo mainstream trends rather than offering only basic or oversized pieces. Meanwhile, **gender-neutral fashion** is making headlines. Retailers increasingly launch collections

of jackets, shirts, and trousers designed to be worn by anyone, reflecting the demand from younger shoppers for clothing that breaks away from traditional labels.

Representation is just as important as design. Campaigns now feature models with prosthetic limbs, mobility aids, and diverse body shapes, ensuring that fashion advertising looks more like the real world. This visibility matters, particularly for young consumers. As one shopper explained in a recent interview, “Seeing someone like me in a campaign made me realise fashion isn’t just for other people-it’s for me too.”

The rise of inclusive fashion suggests that the industry is no longer about squeezing people into one standard of beauty. Instead, it is moving towards celebrating individuality, empowering people to feel confident in what they wear, and ensuring that nobody is left out of the conversation.

IV Read a Wikipedia entry about adaptive clothing and fill in the missing words from the list: mobility zippers waistbands closures access
bedridden

Key features of adaptive clothing

- Replacing traditional like buttons or zippers with magnetic buttons, velcro, or larger, easy-to-grip zippers.
- Openings positioned in the back or sides for easier dressing, particularly for individuals with limited upper body or wheelchair users.
- Flat seams or specialized fabric placement to prevent skin irritation or pressure sores, especially for wheelchair users or patients.
- Stretchy and dimensions that accommodate braces, [orthotics](#), incontinence supplies, or fluctuating body shapes.
- Hidden openings or pockets to facilitate for medical devices such as ports, [ostomy bags](#), or [feeding tubes](#).
- Footwear with wide openings or along the upper to make them easier to put on.

V Watch the video at <https://www.youtube.com/watch?v=vNe04KSbg5c>

and write down 6 words related to clothes.

VI Discussion in groups.

1. How can clothing design help people with disabilities feel more independent in daily life?
2. Do you think adaptive clothing should be sold in all mainstream stores, or only in specialised shops? Why?
3. In what ways can fashion shows and advertisements include people with disabilities more effectively?
4. What challenges do designers face when trying to create clothes that are both stylish and functional for people with disabilities?
5. How might inclusive fashion change society's attitudes toward disability and diversity?

VII Watch the video and note down 4 pieces of information that you have found interesting or new: <https://www.youtube.com/watch?v=a17Z5Sk2XJY>

VII Translate the sentences.

1. Moda inkluzywna promuje **różnorodność** i pokazuje, że każdy zasługuje na ubrania dopasowane do swoich potrzeb.
2. Specjalne rozwiązania, takie jak magnetyczne zapięcia, mogą **ułatwiać** codzienne ubieranie się osobom z ograniczoną sprawnością.
3. Designers often use **flat seams** in garments to reduce irritation for wheelchair users and people with sensitive skin.
4. Adaptive fashion aims to **empower** those who **struggle with** limited **dexterity**, helping them feel more independent and confident.

VIII Additional reading

<https://www.vogue.com/article/future-of-adaptive-fashion>

<https://www.whowhatwear.com/fashion/whats-next-adaptive-fashion>

<https://profashionmagazine.com/adaptive-fashion-for-people-with-disabilities-style-without-limits/>

https://medcraveonline.com/JTEFT/defining-the-design-barriers-to-adaptive-clothing.html?utm_source=chatgpt.com

https://www.3da.org/post/the-emerging-role-of-adaptive-clothing-in-assistive-technology?utm_source=chatgpt.com



Created by mgr Joanna Skowron

05.09.2025