

# Hi, I'm Krissy!

I've been creating my own costumes from scratch since 2018, and I compete in Masters level competitions all over Texas!

I also make and sell sewing, and EVA foam cosplay patterns online that have been downloaded and used by hundreds of people all over the world!





# I also Have a Disability!

After a sports related injury I received when I was 13 my health started to rapidly decline.

I would eventually be diagnosed with Fibromyalgia and Patallafemoral Pain Syndrome

When i was super sick I really dove into anime and video games as an escape from my physical health struggles.

I idolized cosplayers for years thinking i couldn't get involved for one reason or another

I eventually found friends that inspired me and gave me the push I needed. Today cosplay is one of my biggest passions and my favorite artistic medium!





# DESIGNING COSTUMES FOR PEOPLE WITH DISABILITIES

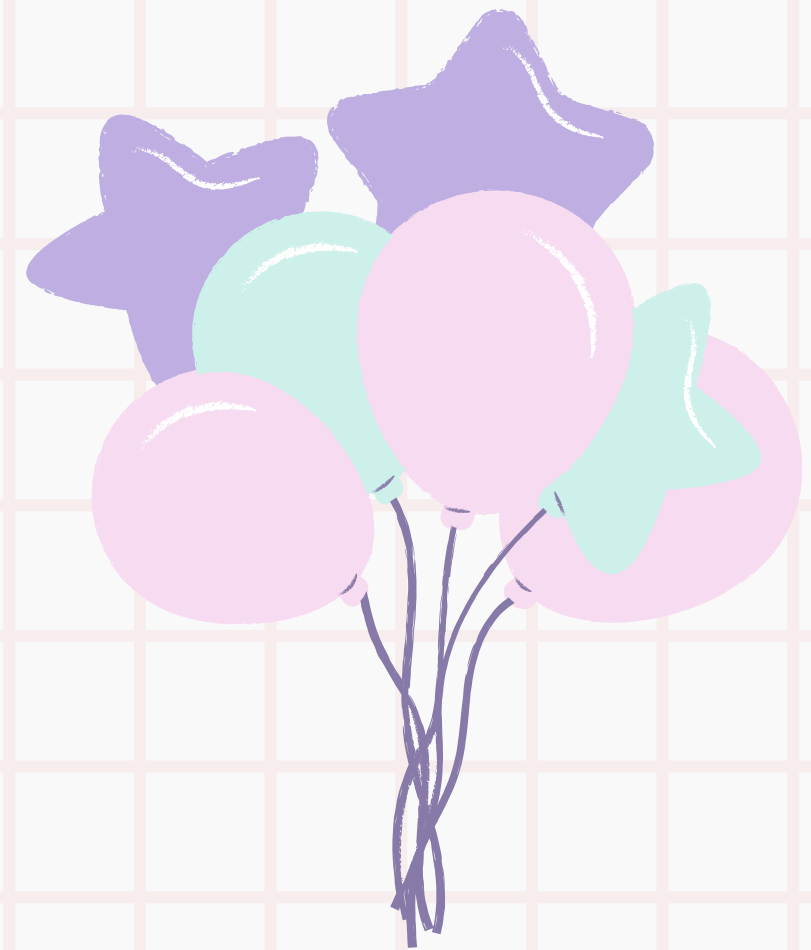
BY *Krissy*  
**Cosplays**



# Everyone can Cosplay!


Cosplaying is the art of dressing as a character you love, and there are infinite ways you can do it!

Not all cosplays need to be film accurate adaptations, some of my favorite cosplays take huge artistic liberties!



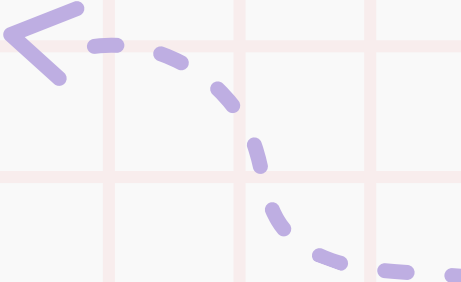

**Your only limit is  
your creativity**

# The only rule in cosplay is to have fun!




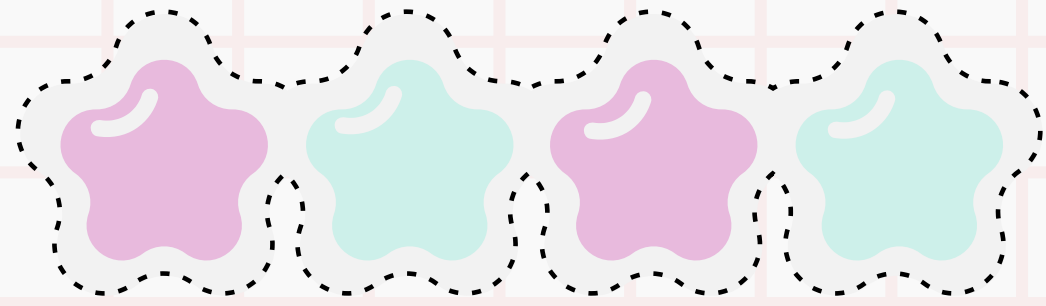
The one goal you should always try to achieve with every cosplay is to have fun!

As people with disabilities we are not excluded from that. Your costumes should fit and work for YOUR BODY so you can have fun too!



Some of the coolest and most memorable details I've heard about peoples cosplay builds are how they made them accessible!





# Overview

1

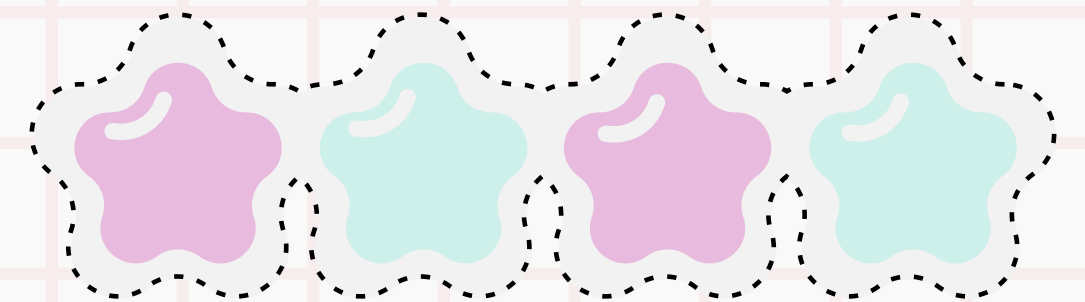
Planning stages of making  
a costume.

2

Finding  
Creative solutions

3

Test Fitting & Tips



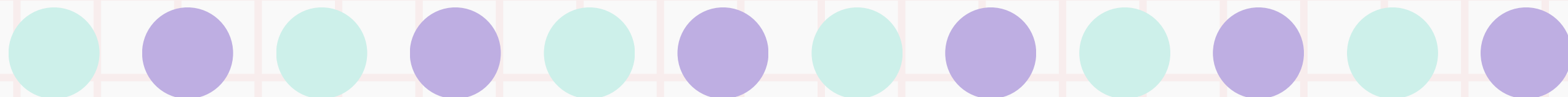


# Let's Start Planning!



After you've chosen your character start by making a plan!

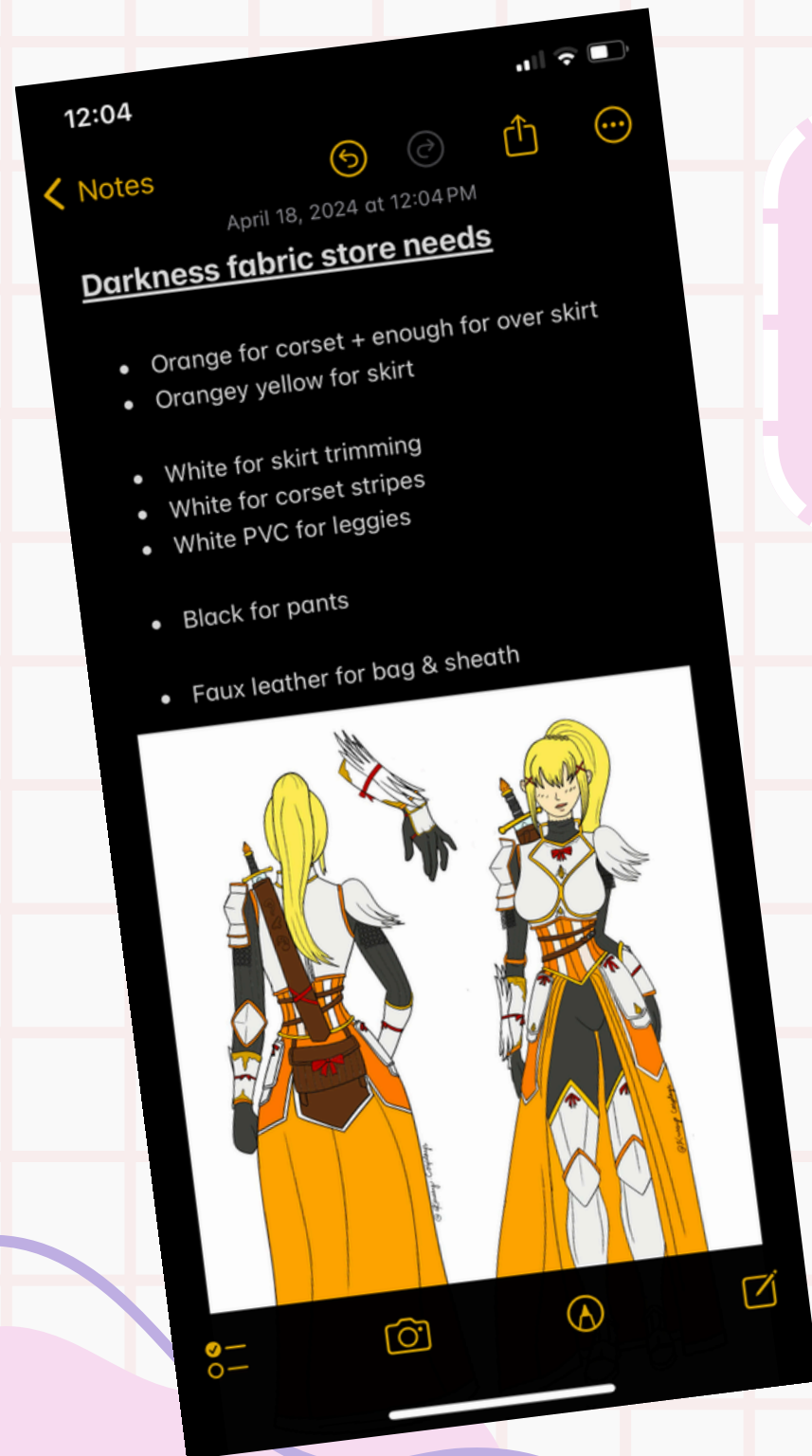
Pull whatever reference images you can find and break down the costume into pieces you will either make, alter, or buy!



# Break it down!

I like to make a huge note on my phone or my white board. There I can break down the costumes individual elements I plan on making or buying!

It helps me keep track of my projects timeline, and make sure I don't forget any key details



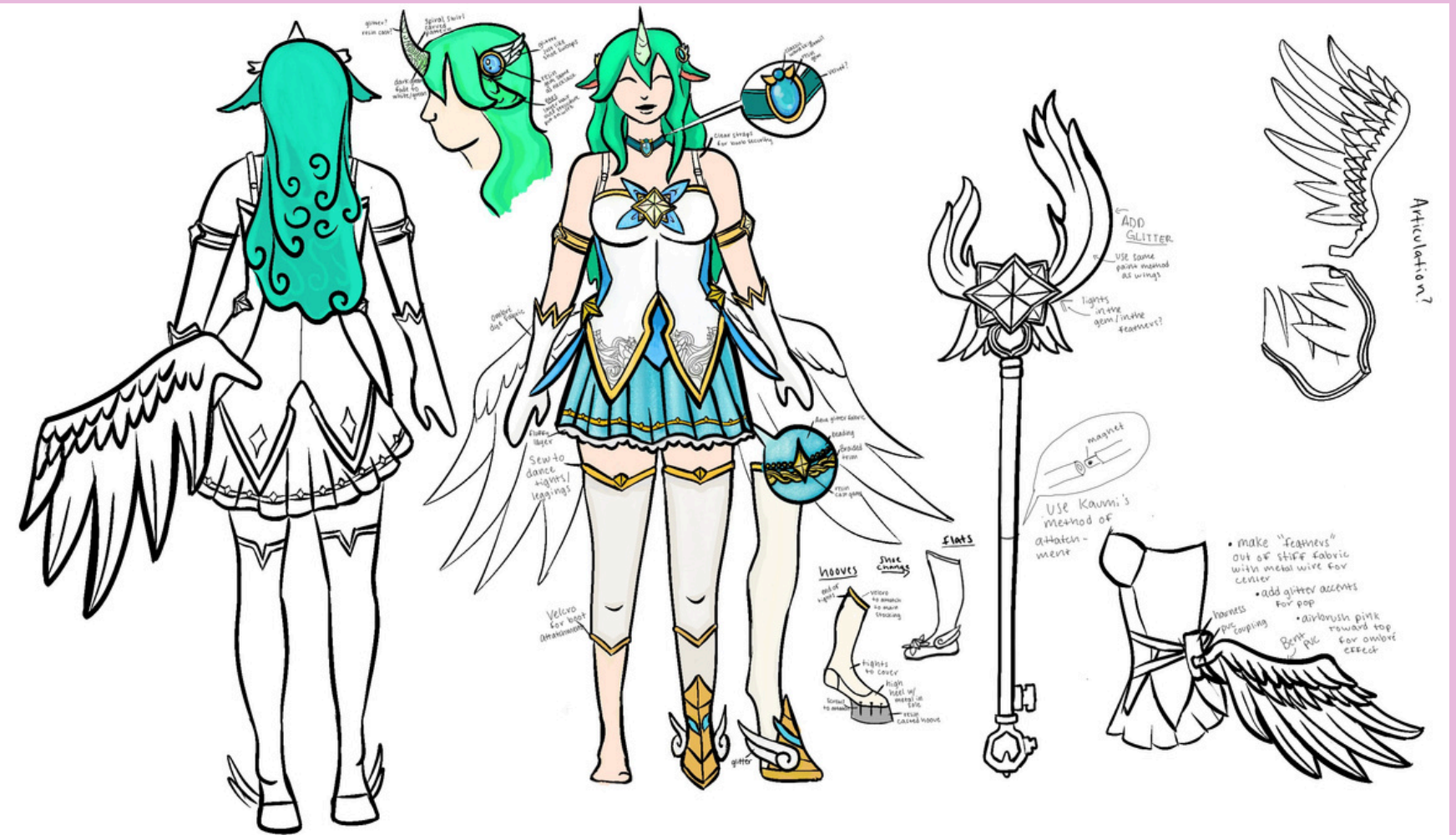


# Draw it out!

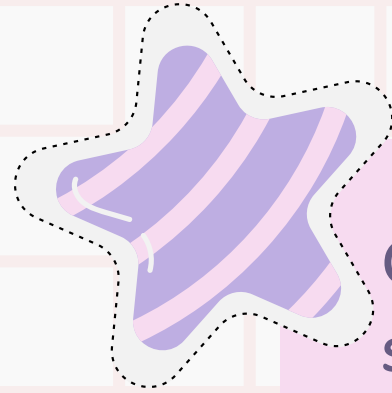
First I like to take a photo of myself in form fitting clothing and trace my silhouette!

This helps me brainstorm what the modifications I plan on making are going to look like on my body!

If you're a visual person like me you might find it helpful to make a sketch of your cosplay!



# What are your Hard Sells?



Consider your physical limitations and comfort, Before you start your build!

## Ask yourself questions!

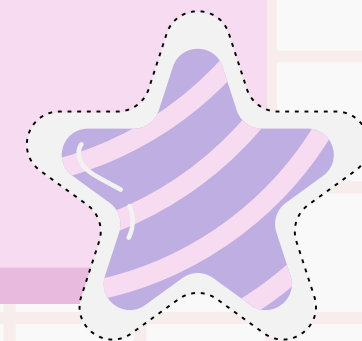
Do you have trouble with clothing that is too firm fitting?

Do you need regular access to worn medical devices?

Are you going to frequently be sitting in your cosplay?

Will a wig be too overwhelming on your senses?

Does your weight rapidly fluctuate?





# Creative solutions



Brainstorm ways you can meet your individual needs  
in your cosplay build!

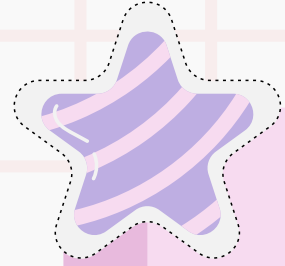
Start by referencing the clothing that you know  
works for you! What makes those garments  
accessible? Can you use that in your costume?

Research Online! Look at how other people with your  
disability meet their needs





# Weight fluctuation & Flexibility



I have dietary issues which means I frequently have bloating and experience constant weight fluctuations.

I also have issues with mobility and my joints swelling and becoming painful

To combat my body changing shape i have a few tips!



# Flexible fabrics and sizing

1

## Stretch fabrics

Great for giving yourself room to move and bend!

I make sure I leave enough room in my problem areas for them to swell and expand.

if a fabric doesn't stretch try adding elastic!

2

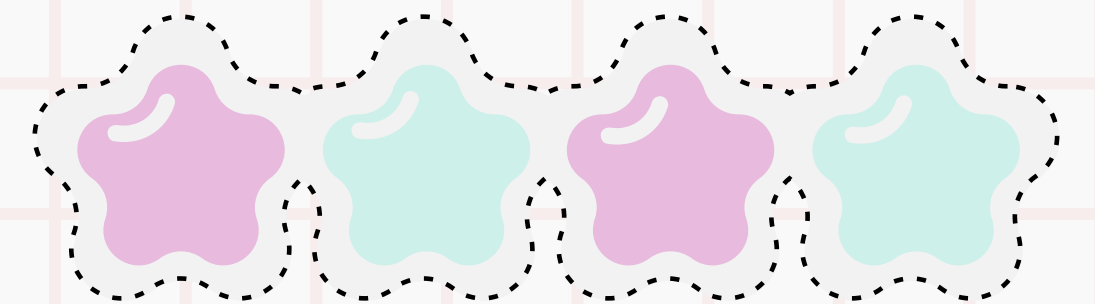
## Adjustable attachments

If you can't use stretch fabric use an adjustable closure method!

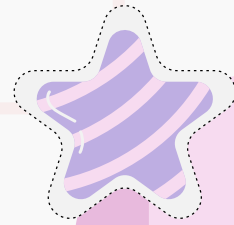
Corset style lacing is great for future proofing your costume since it allows you to change the fit of the garment every time you wear it!

Adjustable straps and belts- are also super useful for the same reasons

Velcro- If you leave a generous amount of velcro when you're cutting things to size you can use it as adjustable attachments for armor and accessories!

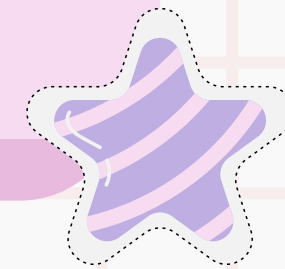


# Closures



I always make sure I can get out of my costume pieces quickly if I have a medical episode!

I make all of the closures on my costumes quick to get out of & avoid using things like small buttons that can be hard to use





# Closure examples

1

## Snap tape

snap tape is great because it's easy to install and easy to use! You can also get it cheap by buying a big roll!



2

## Zippers

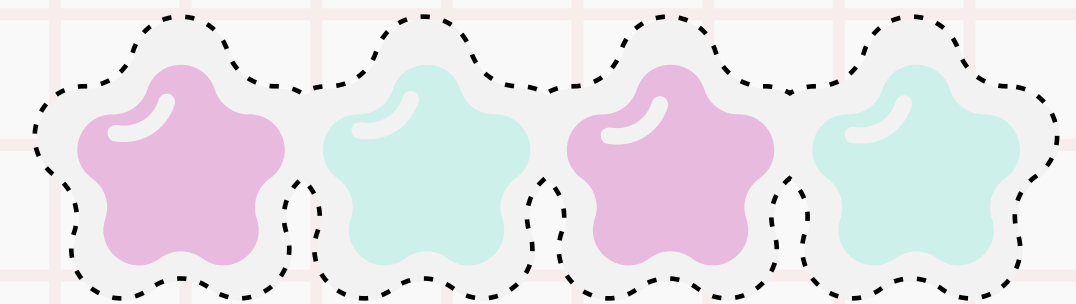
Zippers come in a variety of colors and styles to suit any costume! Super quick to get in and out of and they look great!



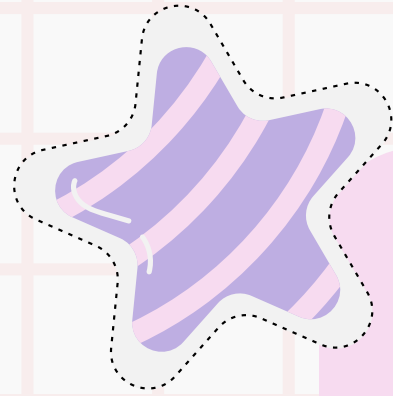
3

## Parachute clips

Super strong attachments that work great for heavy elements and armor. They come in a variety of sizes and can be painted!



# Padding



As people with disabilities, it's not realistic for all of us go to the gym or go on diets to fit character's builds or aesthetics and you don't have to!

If you want to achieve certain aesthetics of a character like big muscles or a tiny waist try using padding!

Pads come in a variety of types and shapes and can help you get closer to the unrealistic proportions of the characters you're cosplaying!



Some of your favorite cosplayers have been using padding in their cosplays for years and you'd never know!



# Padding cont:

I love adding padding to any characters that have unrealistic body proportions.

Remember they're not real but your body is! You don't have to strain your physical health for cosplay.

For black cat I like to wear hip pads, and a corset! (that is not tight laced )

Drag Queens and Kings are a great resource to find padding tutorials online!




No padding or corset taken mid Con Crunch



Hip Pads and a corset at a photoshoot!



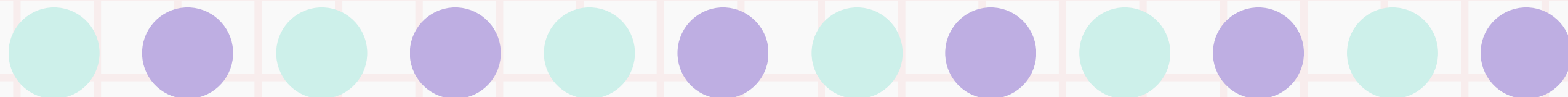
# Test Fit



The most important thing when making your costumes or altering them is to try them on!

I try on my costume at every stage of creation frequently to make sure all of the elements work together and that they don't have fitting issues .

when you try your costume on simulate your daily actions in cosplay to make sure you're not restricted





# My Test fit checklist


Sit- Can you sit comfortably, and is the fit okay when you are sitting?

Walk- can you walk easily, is anything pinching or restricting you? Can you bend your knees enough for stairs?

Arms- can you move your arms? Simulate drinking from a water bottle and if applicable using your mobility aid.

Bend- can you bend your neck, and bend at the waist. Simulate how you'd pick something up.

# What motions do you do every day?



When you test fit think about what you will be doing all day in your costume and take that into account!

Are you someone that sits for most of your day?

Do you need to administer yourself medication?

Do you use a mobility aid?

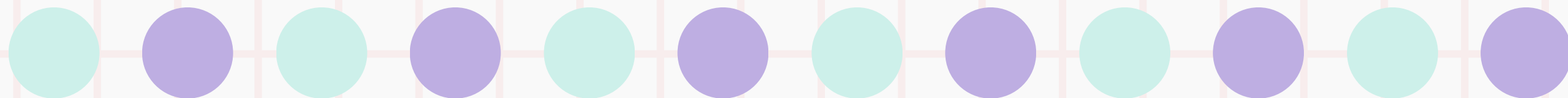
Add those activities to your test fit check-list!







# Tips and final thoughts



# Take it slow!

Try not to con crunch!

The more time you give yourself to create, the more you can think about how you'll meet your needs in costume

My most uncomfortable and hard to wear costumes are the ones I con crunched for.

You don't need to make a new costume for every con. Rewear your costumes and take your time. There will always be another con!

# Incorporate your Special needs!

You don't have to hide your disability in cosplay! This is the time to be seen!

Dress your mobility aids up to match your costume and incorporate them in your design!

Make your headphones or earplugs a part of the outfit!

Plan with your medical devices in mind from the beginning you can make them a feature!



Source: <http://bit.ly/1rDwNet>

# Competition


Your accessibility is an asset!

If you decide to compete with your cosplays in competitions tell the judges what steps you took in order to make your costume accessible for your unique needs!

The judges love to hear all about how you translate details of your chosen character to real life!



# Conclusion



Remember cosplay is for everyone and the only rule is having fun!

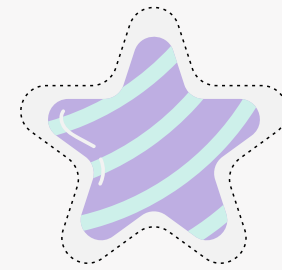
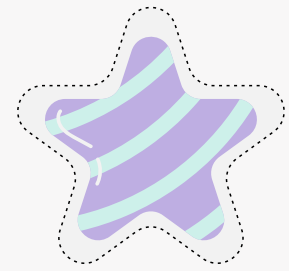


Adapt your cosplays to fit your unique body not the other way around!

Your only limit in cosplay is your imagination



Thank  
you





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# Question Time

