

ACTIVITY APRONS©



Encourage the resident to put on the apron and to look in the various pockets to see what treasures are inside. This item is especially useful for mid-range and higher functioning women who have repetitive sensory movements such as craving things to touch, picking, or rummaging.

Cues for this action: “This is an apron you can wear. It has lots of pockets with treasures inside of them.”
Demonstrate - Put the apron on and take one or two items out of the pocket to show the resident. *Return the apron to the resident and cue* - “Now you try it.”

Promotes:

1. Use of hands and arms.
2. Normalizing ways to provide items to interact with.
3. Sense of security and opportunity to keep important stuff nearby.

Discussion Ideas:

Did you wear an apron when gardening or cooking?

What did you grow in your garden?

What did you cook?

What is your favorite thing about this apron?

Instructions

Half-aprons and full-aprons are both popular -- both are easy to make. If you are an experienced sewer, use your own pattern. If you are inexperienced, we have included a simple half-apron pattern. The apron should be attractive and color-coordinated.

Use your imagination, but follow these simple guidelines:

- Make several pockets; use a contrasting color or to outline pocket openings with contrasting color bias binding.
- Make theme aprons style and “treasures” in pockets -- for example gardening, housecleaning, Christmas, Easter
- Use washable fabrics with interesting textures.
- Use brighter colors, not pastels.
- The apron body should be a solid color.
- Add bows and ribbons that can be tied.
- Use easy-to open/close zippers, snaps and Velcro™ closures on pockets.
- Zippers should have a large pull-tab or a loop of ribbon to grasp.
- Avoid buttons or trimmings that can be pulled off and eaten.

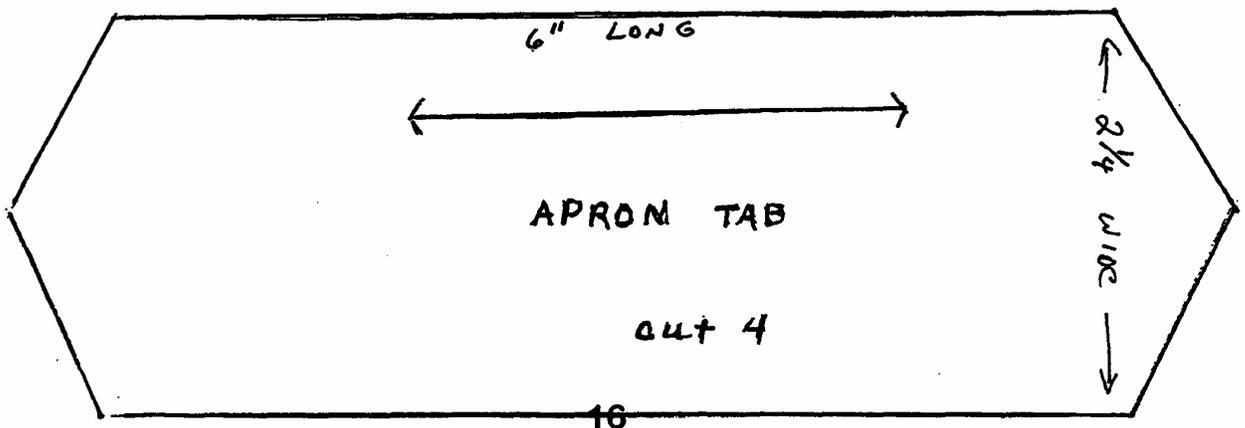
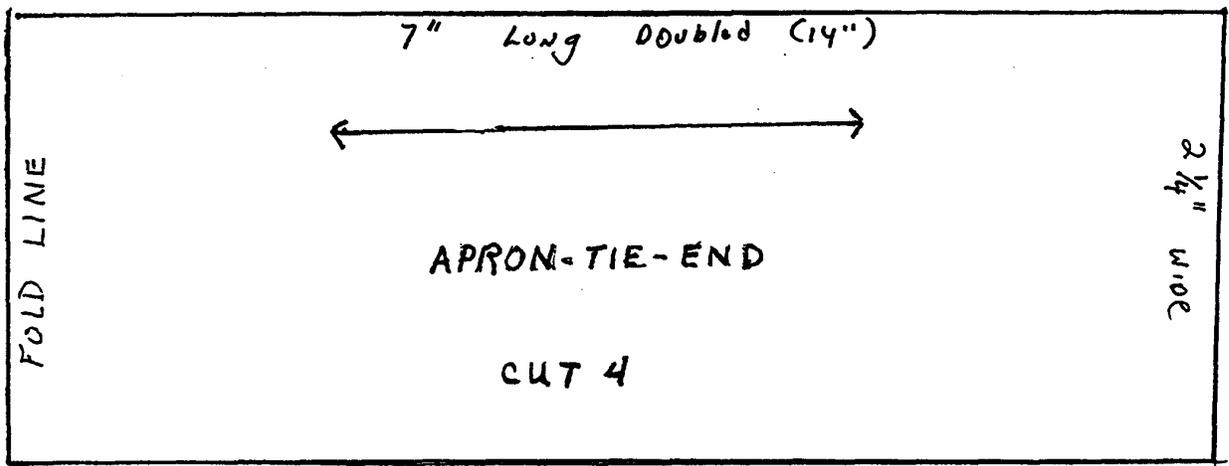
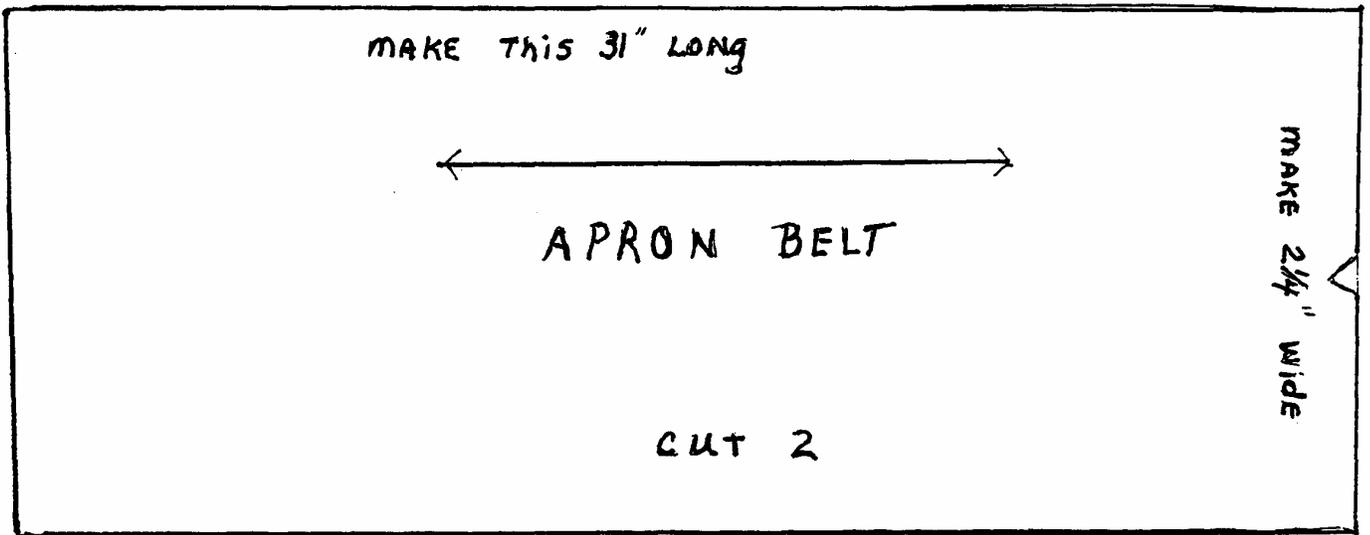
Include “treasures” in the apron pockets.

Make sure they are safe, and can’t be pulled into pieces small enough to eat. Don’t include any items that look like or smell like food. Do include:

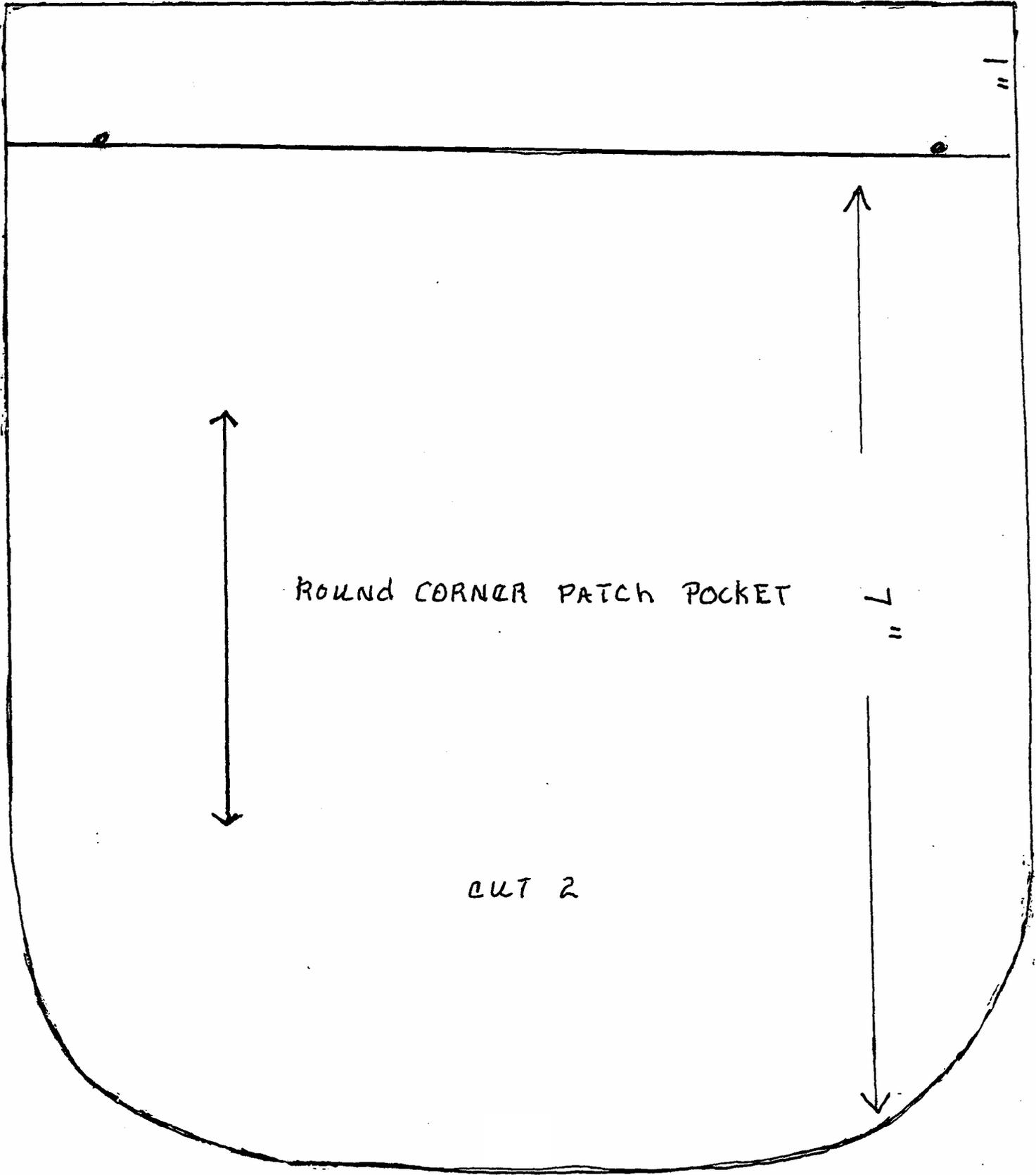
- garden gloves
- necklaces/bracelets (nothing that comes apart) -- no earrings or pins
- small picture books
- inexpensive wallets and change purses
- play dollar bills
- small calendars
- junk mail, grocery coupons, or sheets of mail-order stamps
- small scrubbers, with or without short handles
- wooden spoons with short handles
- balled-up pairs of socks
- small rulers
- greeting cards, especially musical greeting cards
- small pads of paper
- small address books
- small mail order catalogs
- inexpensive calculators (solar powered -- no batteries)
- sun glasses
- silky-feeling scarves and kerchiefs
- baby booties, baby or toddler-sized socks

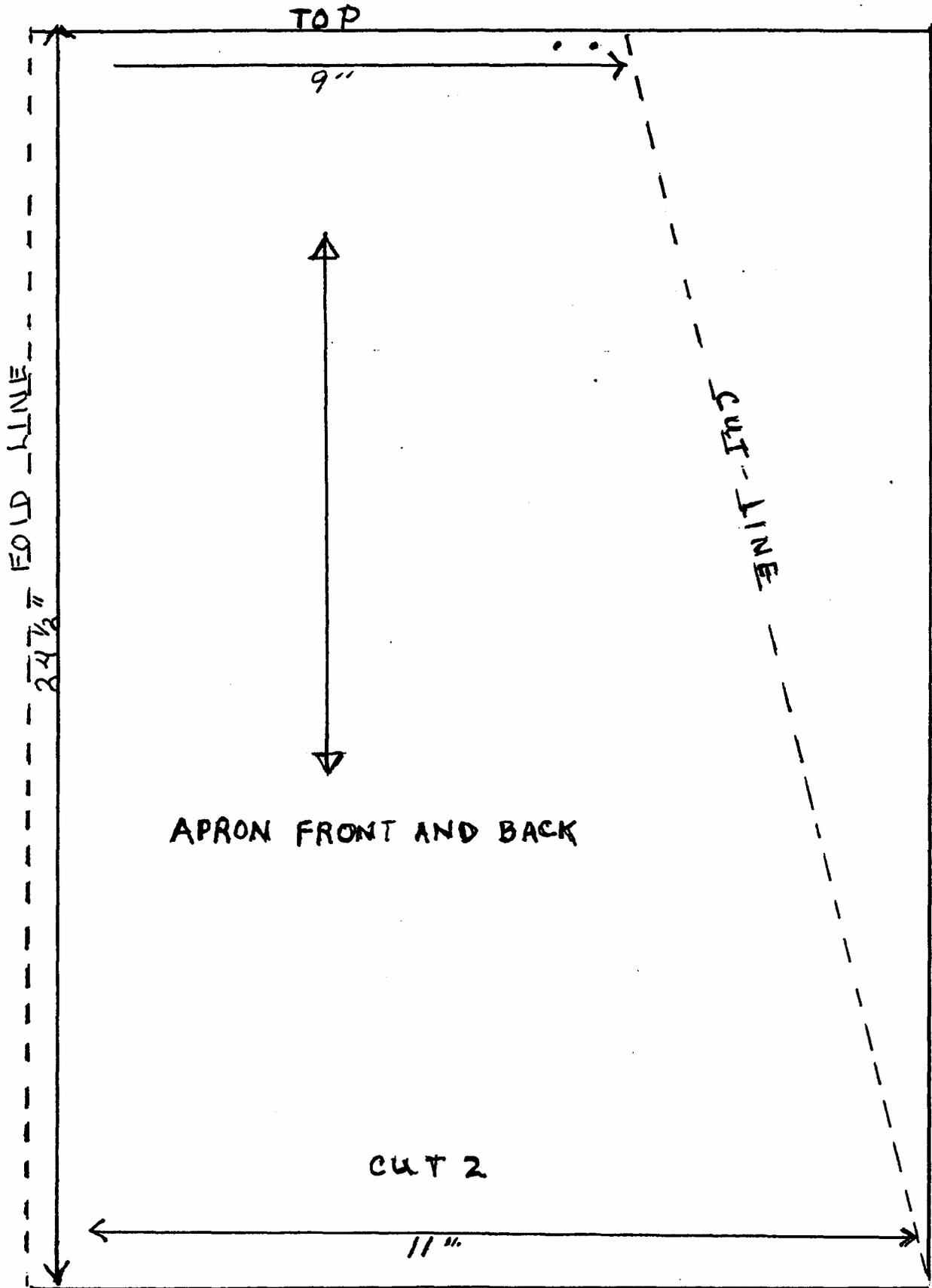
Design An Apron

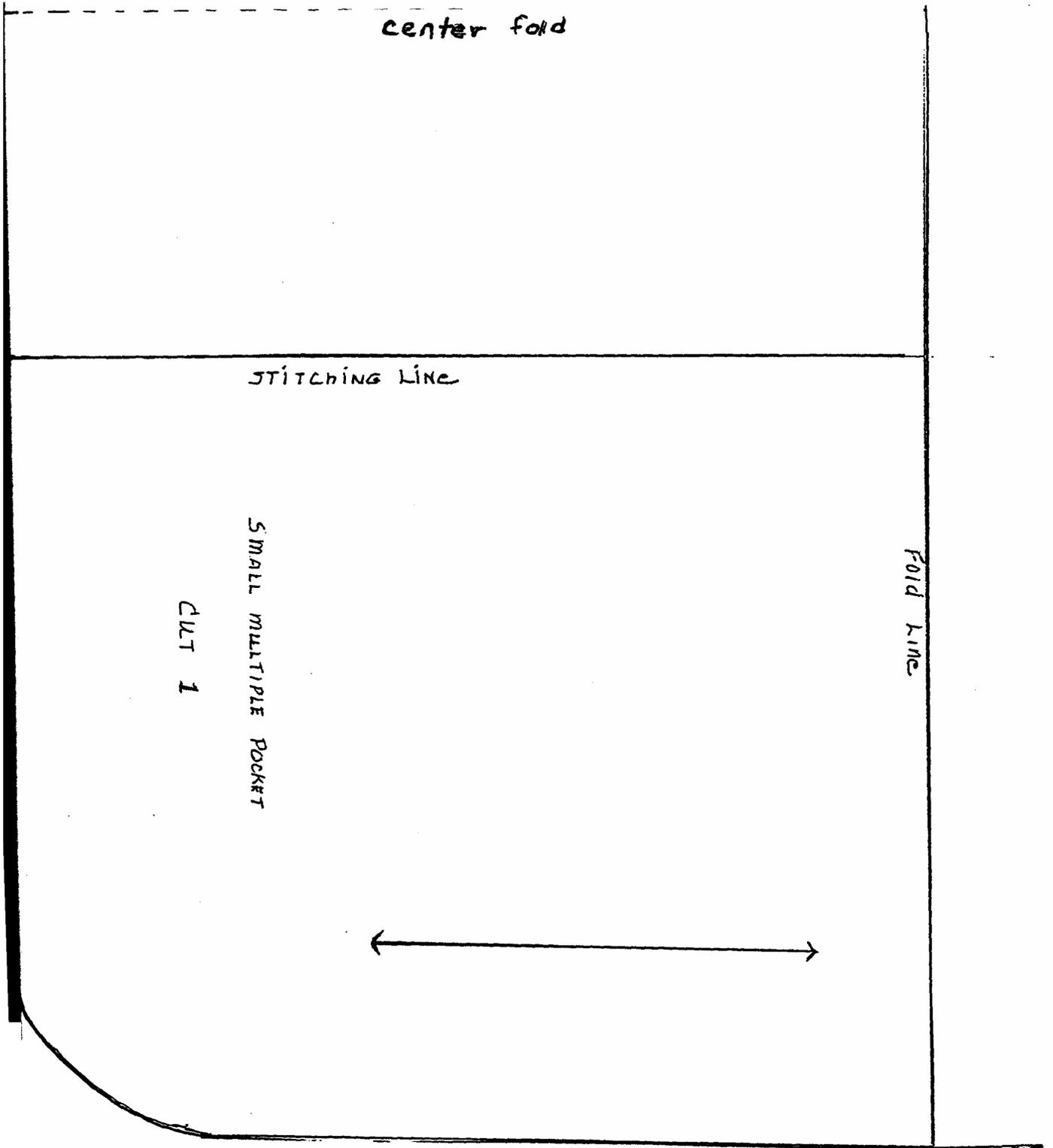




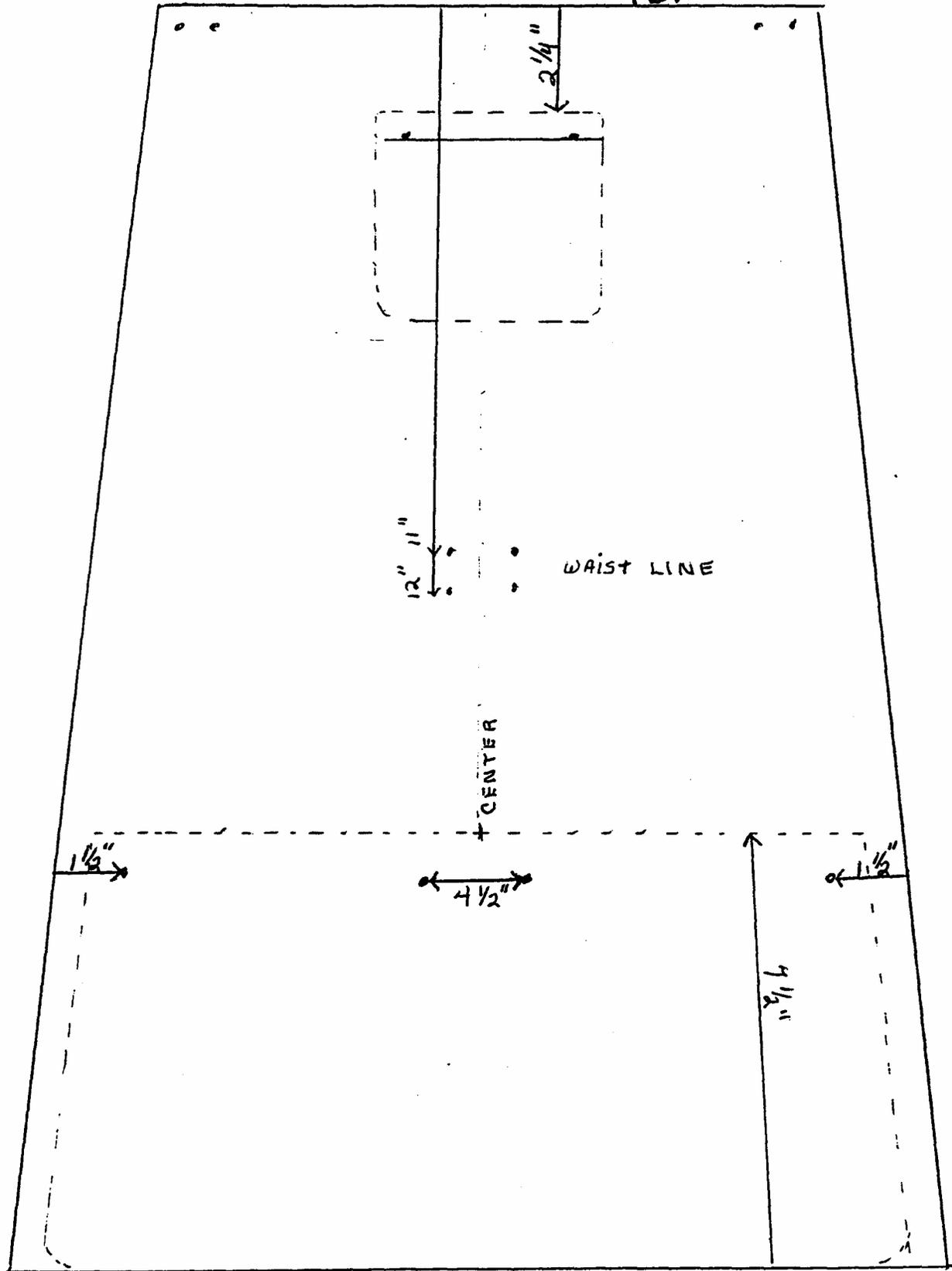
7 1/4 WDC





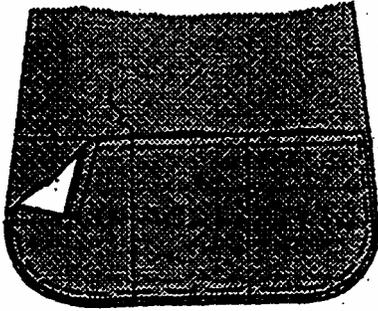


POCKET PLACEMENT TOP



APRON

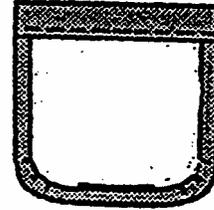
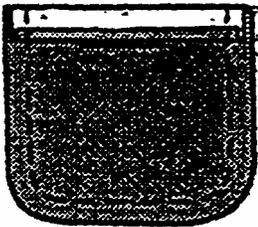
Large multiple pocket for apron



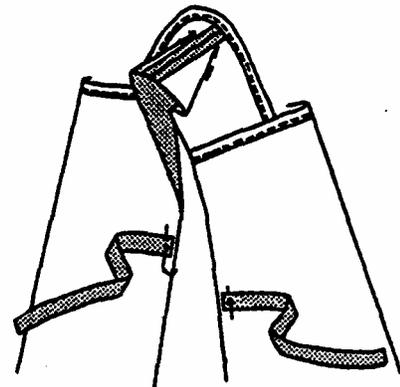
Press under 1/4" on upper edge of pocket. Press under along fold line. Stitch close to inner pressed edge.
Pin pocket to apron placing upper edge along pocket line and having raw edges even. Baste lower edge 1/4"
From raw edges
Stitch along stitching lines:

ROUND CORNER PATCH POCKETS

Turn under 1/4" on upper edge of pocket
Turn upper edge to OUTSIDE along fold line forming facing.
Stitch along seam line on raw edges; Turn to 1/4".

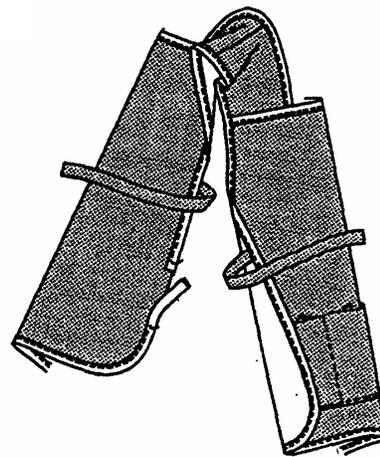
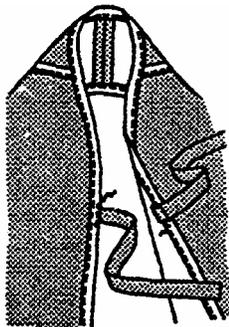


Turn tie end RIGHT side out.
Pin tie ends to WRONG side of apron centered over large dot having raw edges even. Baste



APPLY DOUBLE FOLD BIAS TAPE to outer edges of apron.

FOR TIE ENDS-Press tie ends out. Stitch tie end close to outer edge of bias tape.

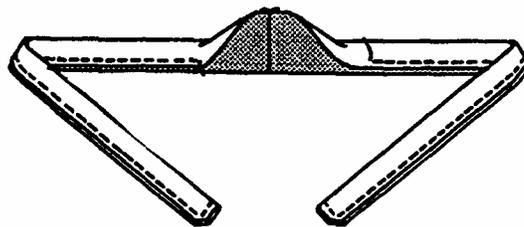


BELT

With **RIGHT** sides together, stitch notched ends of belt sections together at one short end in $\frac{3}{8}$ "

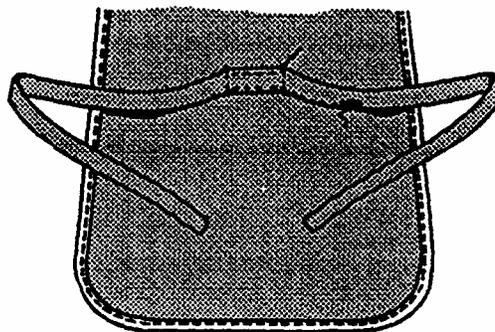


With **RIGHT** sides together, fold belt in half lengthwise, Stitch in $\frac{3}{8}$ " seam, leaving an opening large enough to turn. Trim corners.



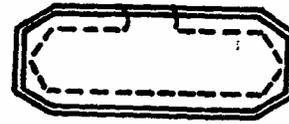
Turn belt **RIGHT** side out: press. Slip-stitch opening closed. Pin belt to back of apron matching centers and small dots.

Stitch belt in place close to outer edges creating a rectangle between small dots, as shown.



TABS

With right side together, stitch two tab sections together in $\frac{3}{8}$ seam, leaving an opening large enough to turn. Trim corners. I

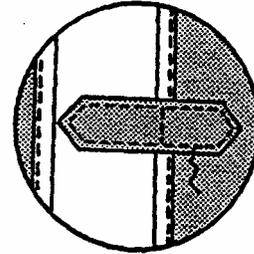


Turn tab RIGHT side out: press. Slip-stitch opening closed.

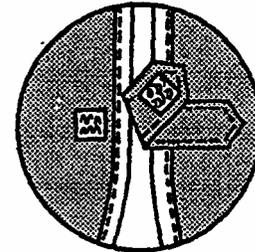
Top Stitch $\frac{1}{4}$ " from outer edges.

Pin half of tab to back of apron centered over large dot.

Stitch along top-stitching.



Apply VELCRO Square to free end of tab and under tab on front of apron, as shown.



Buettner, L. & Greenstein, D. (1997). Simple Pleasures: A multi-level sensorimotor intervention for nursing home residents with dementia. (Training manual and instructions)