

ACTIVITY APRON INSTRUCTIONS

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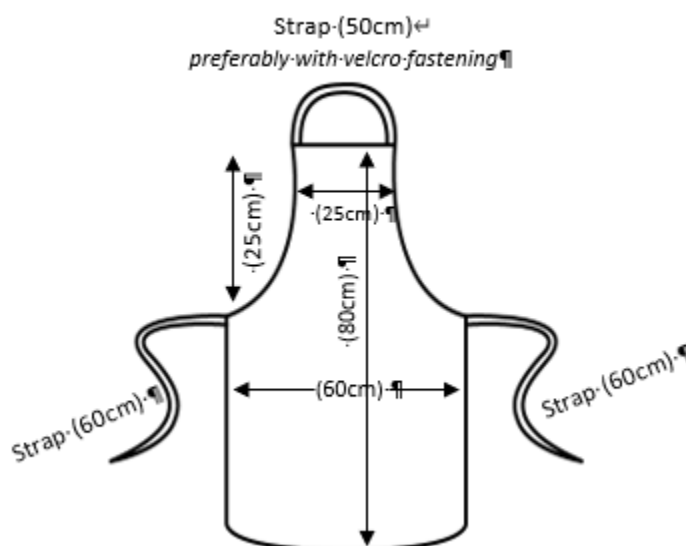


OVERVIEW

The Activity Apron is an alternative to the Activity Rug. Various colours and textures provide comfort, enjoyment, and stimulation, being ideal for those in nursing homes who may suffer from dementia, nervousness, restlessness etc. The Activity Apron is suitable for patients who can walk around. Designing an Activity Apron is a wonderful way to be creative and a great opportunity to use all those “bits” that have been gathering around your house!

Before Starting Your Unique Activity Muff:

- It is vital that all added items are very securely stitched on. Especially to survive laundries.
- It is vital that no pieces on the apron will damage delicate skin.
- It is vital to ensure any items that could be a potential hazard are secured in a fabric bag.



Once items are stitched on to the apron, back the apron (seams inside), then stitch through both layers to stabilize fabrics.

Suggestions for Suitable Accessories (Nothing Sharp or too Heavy Please):

- Buttons- preferably large and either in bags or well attached onto the apron.
- Textured fabrics- e.g. velvet, velour, fur, flocked, satin lace.
- Zips- either with a smooth ring or loop in the slide.
- Cotton reels threaded on tape or shoelaces (ensure there are no sharp edges).
- Shoulder pads- stitched across the centre or all the way around.
- Velcro- with a ribbon loop to pull.
- Bouncy balls (not too heavy) in a bag.
- Small cat toy balls- in a fabric tube.
- Small pockets acceptable.

