

Fleecy Muff©



Many nursing home residents seem tense and anxious simply because they are cold. The individual may be rubbing her hands together or clutching clothing as a sign of this problem. The muffs are an old fashioned hand warmer that give the resident something to think and talk about. The muffs are reversible and have two different fabric textures to touch. Many residents carry their muffs around all day long. One resident even took her muff into the bath with her. The muffs provide a calming effect.

Cues for action: “This is a homemade muff to warm your hands. Put your hands in here. Let your hands rest inside for a few minutes.” *Demonstrate* placing the hands inside the muff and hugging it close to the body. *Hand the resident a muff and cue* “Try this on your hands”.

Promotes:

1. Calming effect
2. Warmth and comfort
3. Keeping hands occupied
4. Security

Discussion:

Did you ever have a muff when you were a child?

Did you wear it to school or church?

Did your mother make it for you?

Need:

- piece of polar fleece 15” x 18”
- piece of washable satin lining 15” x 18”
- piece of 4 oz. washable batting, 15” x 17”

Instructions:

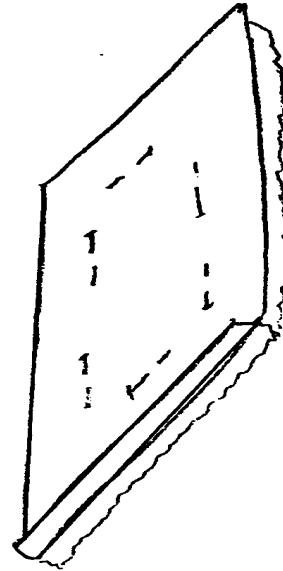
Cut cardboard pattern 15" x 18" to use as a pattern, and cut pieces out.

Carefully pin lining right side up on batting as shown. Don't pin all the way through and pin it at least an inch inside the sewing line. Make sure the lining extends 1/2" past the batting on both ends.

Pin the fleece, right side down, on top of the lining, matching edges carefully. Pin the corners first, but pin very frequently (about 1" apart) as shown.

With a 1/2" seam allowance, stitch the length of the muff, starting 1/2" in from ends as shown.

Remove pins -- be extra careful to make sure you remove ALL the pins. Turn the muff right side out.



Place the muff on a table and use your hands to pat it so it is flat.

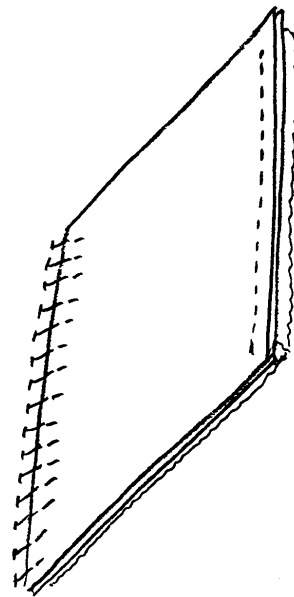
Fold the muff in half, with lining inside (right sides of lining facing each other). Pin securely as shown.

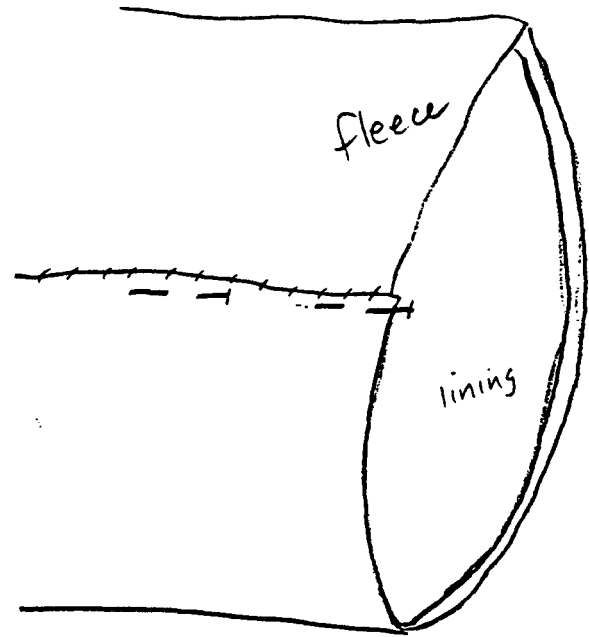
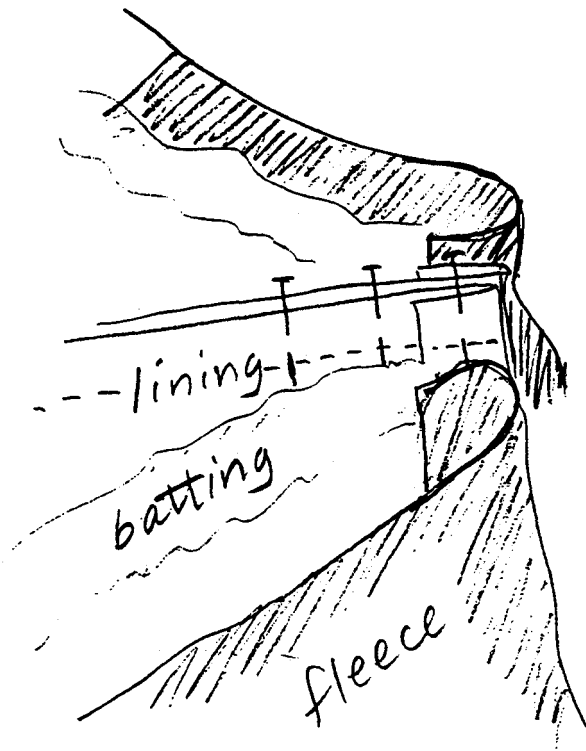
Stitch lining edges to each other, making sure not to catch the batting or fleece.

Remove pins.

If you wish, you can baste the batting together before you sew the fleece.

Overlap raw edges as shown, pin and overcast by hand as shown. Because fleece doesn't unravel, a hem does not have to be folded under.





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