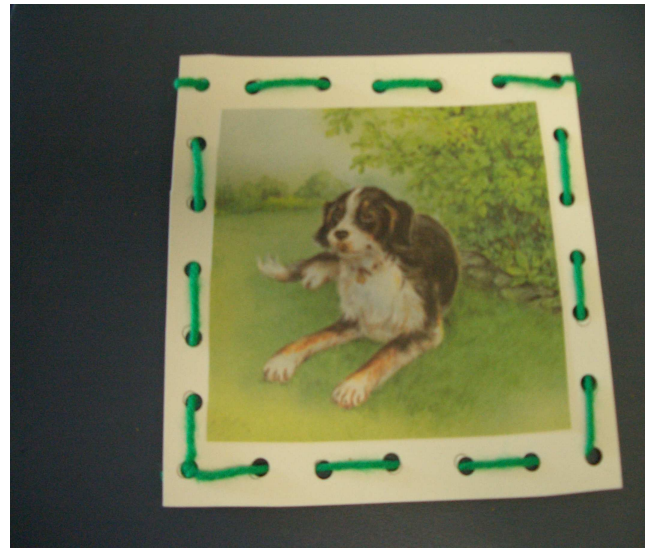
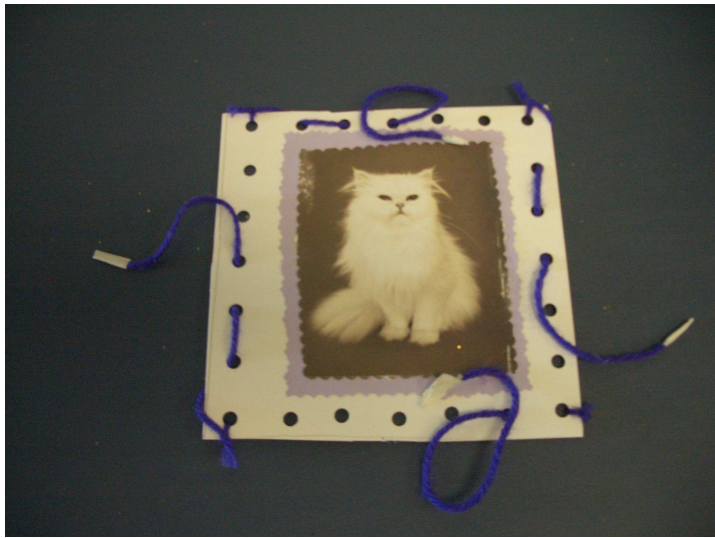


“PATCHWORK” SEWING CARDS©



Encourage the resident to thread the string in and out of holes in the card. Residents can attach a bunch of the cards together after they are completed and can make a nice wall hanging to decorate the nursing unit. This item is especially good to use with women of all functioning levels who liked to sew in the past but lack the fine motor skills to sew now. Also is useful with women who are anxious or who are passive and lack social opportunities. Small groups of individuals can sit together and sew.

Cues for this action: “Here is some thread you can sew with.” *Demonstrate* - Show the resident how to put the thread through one of the holes and then pull it through. *Return the card to the resident and cue*- “Now you try it.”

Promotes:

1. Abilities and interests from the past.
2. Fine motor and eye-hand skills.
3. Tactile stimulation.
4. Social opportunity to decorate the environment.

Discussion Ideas:

What kinds of things did you use to sew?

Who taught you how to sew?

What card do you like best?

Find some cards that you would like sewn together.

Can you spell your name with the letters on the cards?

Needed:

- posterboard (six” square for each card)
- hole punch
- fabric scraps
- Thermo-Web “Heat-n-Bond Ultrahold” Iron-on Adhesive™ or Pellon Wunder-Under™ (both widely available at fabric and craft stores)
- 44” of yarn
- Elmer’s Glue (or equivalent)

Instructions:

The card:

Make a template by cutting out the pattern and punching holes as marked.

Trace the template onto the posterboard, marking places for holes to be punched.

Cut out the 6" square of posterboard and punch holes as marked.

The background fabric:

Measure and cut out a 5 inch square on the paper part of the Heat-n-Bond or Wunder-Under.

HINT: two 3 x 5 index cards, with their long sides overlapping and carefully taped together will form a perfect 5 inch square to use as a template.

Select a piece of thin fabric larger than 5" x 5". The fabric can be cotton, cotton blend, satin, acetate, silk, nylon, polyester, etc.

NOTE: Avoid fabrics with very busy patterns. Avoid polka dot fabrics with dots similar in size to the punched holes.

Following directions for the bonding product, bond the Heat-n-bond or Wunder-Under to the wrong side of the fabric.

Leaving the paper backing on the bonded fabric, cut the bonded fabric square out. Peel off the paper backing.

Place the fabric right side up on the posterboard square, making sure that none of the punched holes are obstructed.

Iron the fabric on, following the Heat-n-Bond or Wunder Under instructions.

The design:

Using your imagination, and interesting scraps of fabric, create a simple "patchwork" or decorative design. Any fabric can be used, although thicker fabrics such as corduroy take longer to bond. Some examples are shown here.

You can cut out shapes, designs, etc. You can make a personalized card with your name, or someone else's name written in pen. There are many creative ways to make beautiful sewing cards.

The yarn:

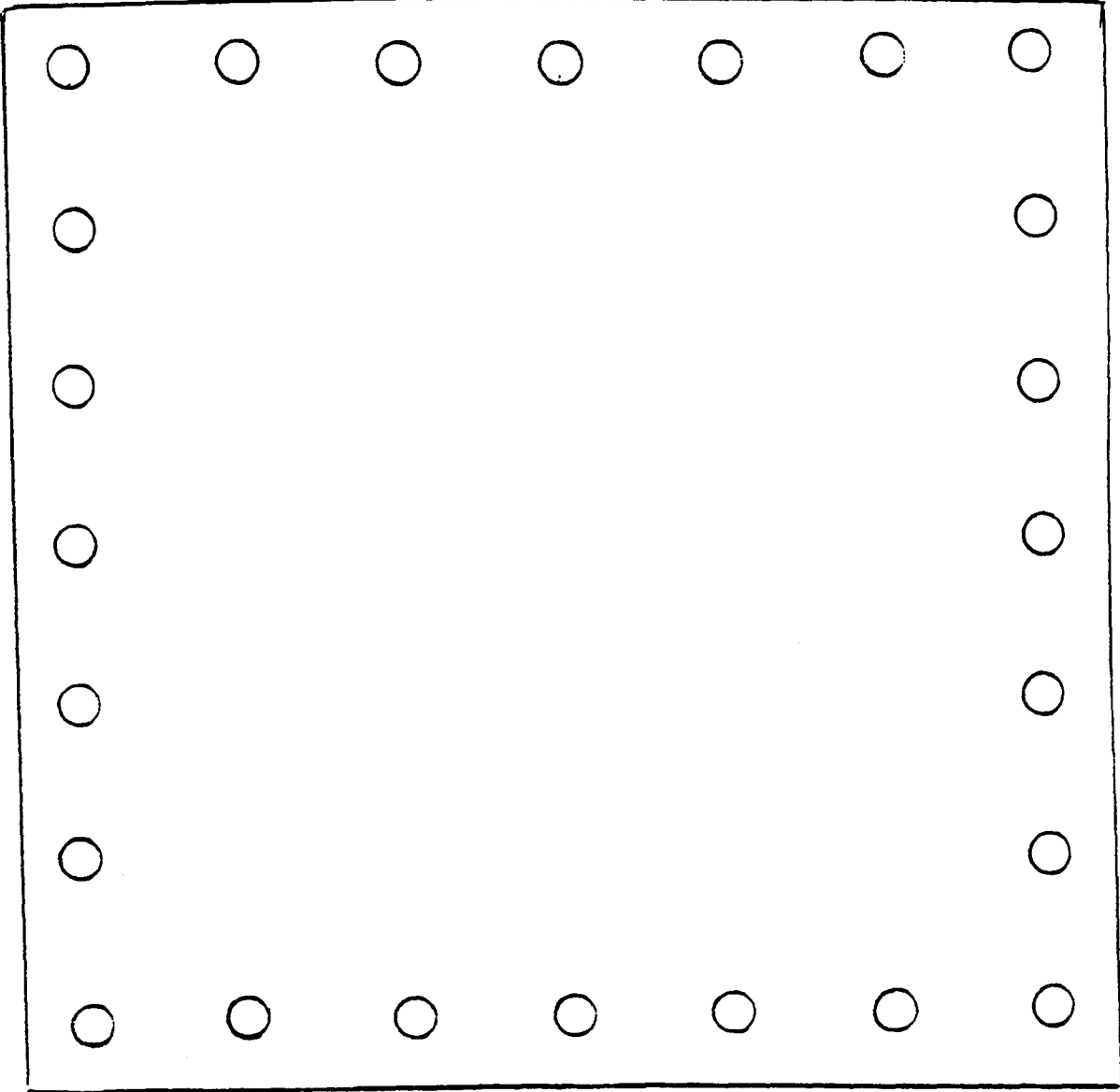
The final step is to cut four 11- inch pieces of yarn. Dip one end of each yarn piece into Elmer's Glue (or equivalent), Moisten about 1" tip of the yarn with the glue. Roll the end of the yarn in your fingers and let the yarn dry on a surface it won't stick to. The stiff end on each piece of yarn that results will make it easier for the resident to thread the yarn through the holes.

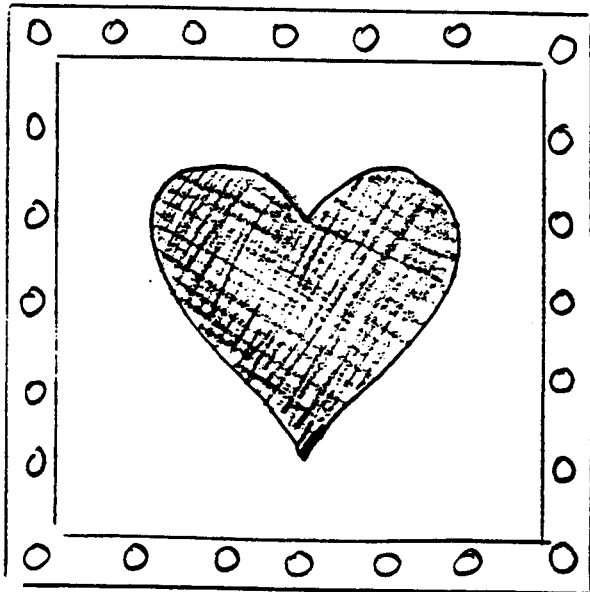
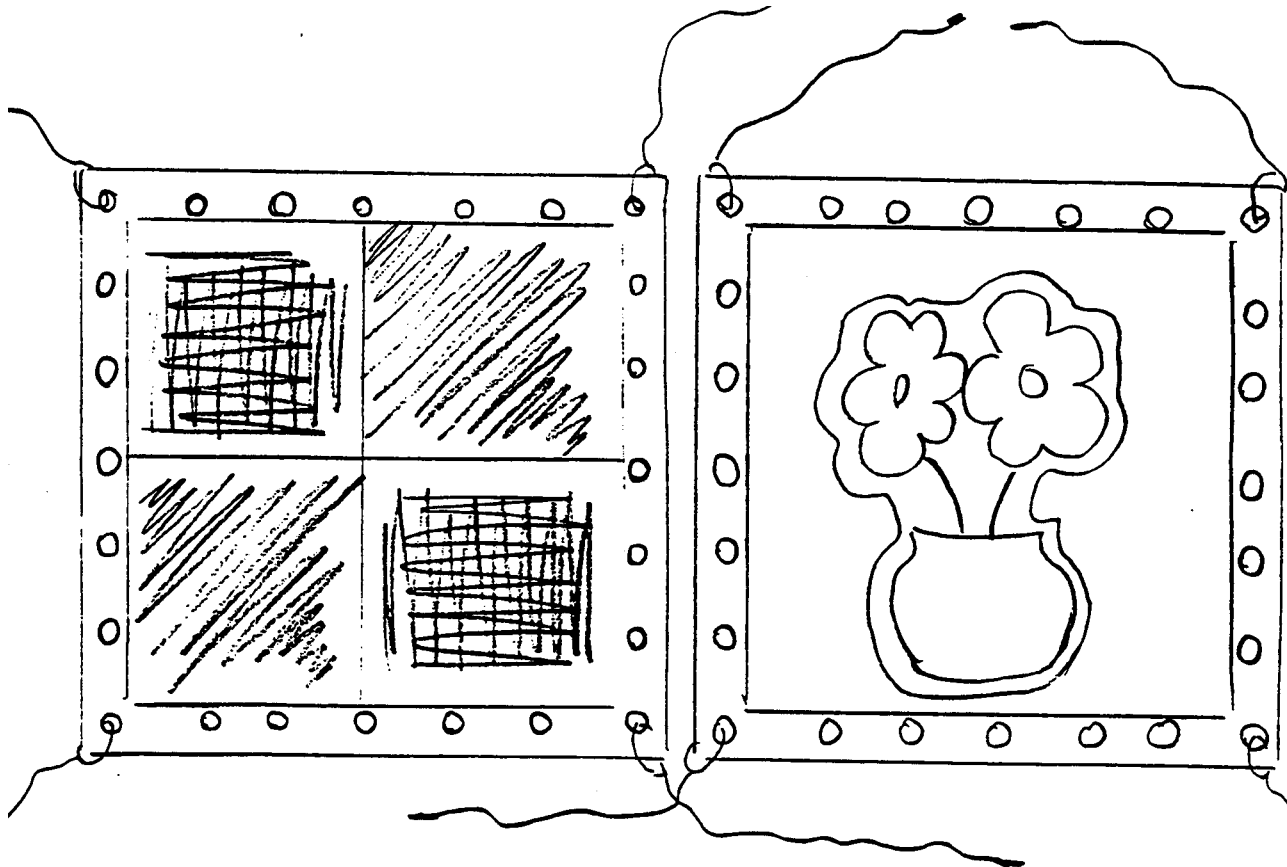
Tie the unstiffened end of each piece of yarn (with the knot on the back side of the posterboard) in each corner hole as shown.



Permission is hereby granted to reproduce this material provided that it is offered at no charge to families and volunteers for their individual use.

Commercial use of any printed material, pattern, or idea shown here is prohibited

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





Happy  
Birthday
Grandma
Love,
Sue Kelly
Mark Ronnie