

## SENSORY VEST©



Encourage residents to put on a vest, feel the different textures of the vest, and to look inside the pockets of the vest for treasures. This item is especially useful for mid-range and higher functioning women who have verbal or motor restlessness and are in need of calming or warming.

**Cues for this action:** “Here is a colorful vest for you to wear. It has lots of pockets with treasures inside.”

*Demonstrate* - Put on the vest and have the resident feel it. Take one or two items out of the pockets to show the resident. *Take off the vest and cue*- “Now you try it.”

### **Promotes:**

1. Tactile stimulation.
2. Use of arms and hands.
3. Security and comfort.

### **Discussion ideas:**

Do you or did you use to wear a vest?

What do you like best about this vest?

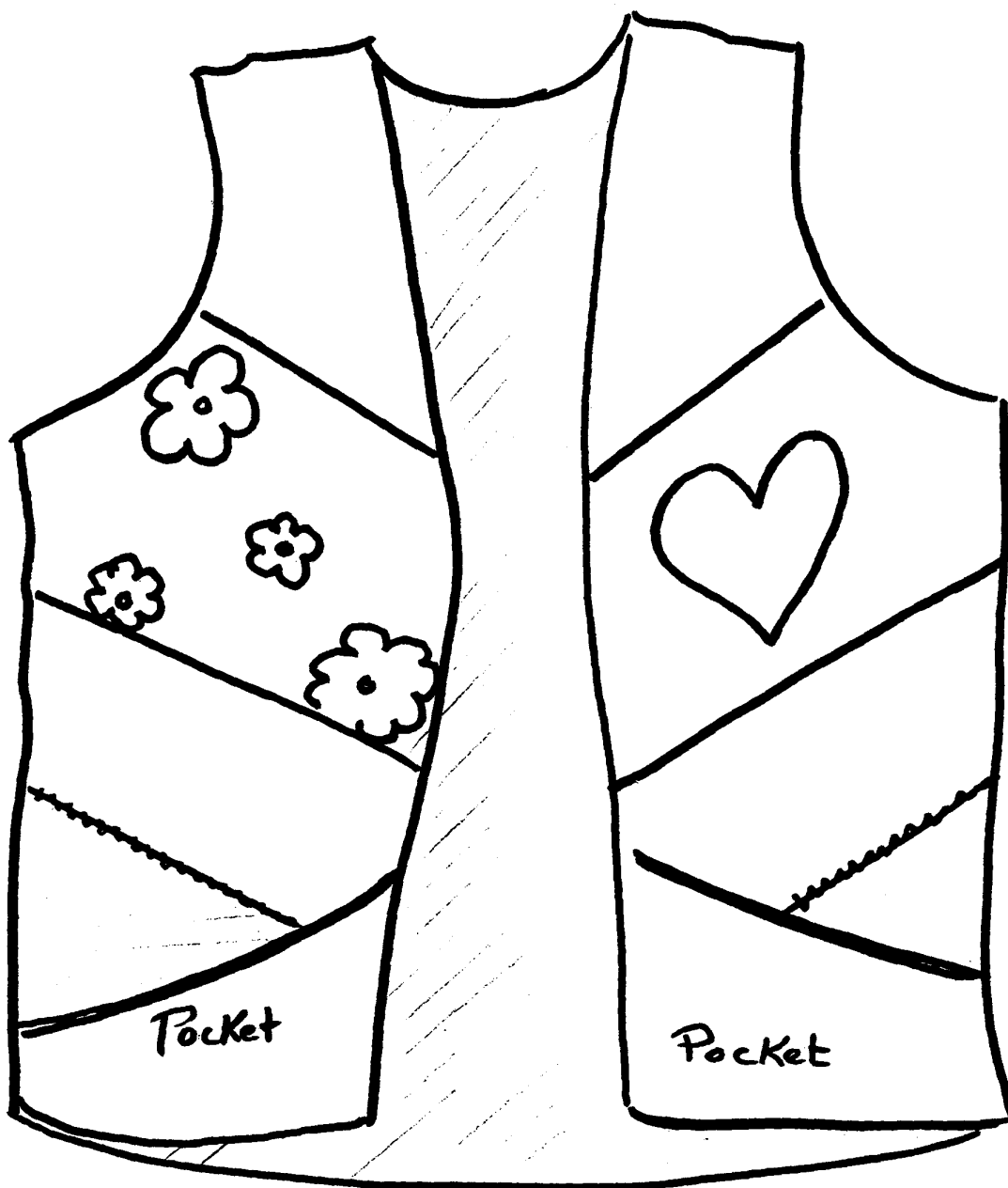
How does the vest feel?

These are multi-color, multi-textured vests that are warm, cozy, and pleasant to feel. The pockets provide good places to keep special items. The vests are designed to use a minimum of fabric and are easy to make.

### **Need:**

- 1 ½ yards of bathrobe velour or other inexpensive, but warm fabric. Two pieces each ¾ yard can be used, and the pieces can be of different colors. No two of these vests are alike. However, the underlying principles are important. NOTE: All fabrics must be washable.
- The vest should be warm, washable, brightly colored (but in good taste). The vest should be lined for warmth (with the same fabric).
- There must not be buttons, snaps or other closures that can be twisted off. There should be appliqués or patches of interesting textured and/or colored fabrics.

- Pockets, which should be both on the inside and outside of the vest (sewn into the lining as well as the outer fabric) can be made of washable satin or panne or other “silky” fabric.
- The sides of the vest should be open, with Velcro to fasten the fronts to the backs (for ease in slipping the vest on and off the wearer).
- Use any simple, untailed, vest pattern — the size will vary depending on the size of the person you are making it for. If a vest pattern is not available, make a simple tunic style vest.
- Any combination of fabrics, patterns, silky, velvety, fleecy, textured can be used. Combine as many fabric remnants as you’d like to, but make sure that the end result is in good taste.



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