

Fidget Apron Guidelines

The following is the description by SAVAHCS (Arizona) Nursing Care Line. These are the guidelines for the aprons Lorna Fiori introduced at the SRQG meeting on March 6. The attached pattern was included. Please revise as you see fit.

Material

- Cotton/Polyester blends launder the best.
- Heavy duty material, but not stiff.
- Apron neck strap should be soft enough that it will not cause irritation.
- Neck strap should be attached using a 1 inch wide Velcro that is about 2 inches long.
- When choosing materials, keep in mind that aprons may be washed using hot water between patients.
- Pre-washed materials will avoid problems with shrinkage and running of dyes.

Stitching

- Stitching on the apron must be very sturdy.
- Applique zigzag stitching must be at least 1/8" wide.
- Double stitching is best, especially where pulling of material occurs.
- Color of thread is a matter of choice.

Activities on Apron

- *Buttons*
 - ◇ Buttons must be at least 1-1/4" diameter. Plastic buttons are the best for durability. Please do not use wood or metal.
 - ◇ Make the buttonholes large enough that weak or shaky fingers can easily button and unbutton.
 - ◇ Buttons should be spaced with 1 – 2 inches between the button edges.
 - ◇ Stitching must be very strong, especially on the buttonholes.
- *Pockets*
 - ◇ A soft lining for the pocket such as fake fur, flannel, or fleece works best.
 - ◇ Machine embroidery or applique on the pocket is appreciated.
 - ◇ Strong stitching, especially at the top corners, is essential.
- *Zipper*
 - ◇ A sport zipper with plastic teeth is preferred.
 - ◇ Either a ring pull or a cloth loop pull is needed to make opening and closing of the zipper as easy as possible.
 - ◇ Once again, strong stitching is needed to make sure the zipper does not come loose.
- *Velcro Pull*
 - ◇ 1/2" or 3/4" wide Velcro is preferred. If it is wider it may be more difficult to pull open.
 - ◇ Velcro should be 5 – 6" long.
 - ◇ The plastic pull loop should be 1-1/2" diameter.
 - ◇ Stitching along the edges and one line of stitching down the center is best.
- *Worry Beads*
 - ◇ Please use plastic beads that are about 1 inch in diameter or larger.
 - ◇ If you put the beads inside a cloth tube, make sure that if the material has stretched that the stitching will not break if the tube is pulled.
 - ◇ If you put the beads on a lace or string, it must be multiple thickness and the stitching must be very strong.

Samples of other Fidget Aprons / Quilts found on line:



Busy / Fidget Apron Pattern

