

Fiddle Pinnies & Twiddle Aprons

These are waist length aprons with pockets, items and fabrics attached that provide visual and tactile stimulation for those living with the later stages of dementia. There are instructions for Fiddle Pinnies and a more male orientated Twiddle Apron.

Fiddle Pinny

You will need:

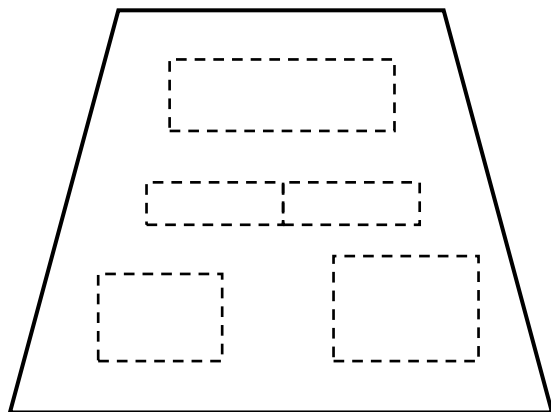
A basic apron (made or purchased) attached at the waist with a material tie. Choose a good base colour for contrasting (e.g. black, blue, red or yellow)

Different types of material of contrasting colour and texture to the apron (e.g. soft, furry, silky, mesh) for pockets

Ribbons, lace, zips with large pull tab, buttons, buckles, handkerchief, etc



Instructions



Spread the apron out. Plan where to place the pockets and attached interesting items or fabrics.

Measure and cut out materials for the pockets and flaps. Hem raw edges to prevent the material from fraying.

Decide which items will be placed in each pocket and attach securely (perhaps with ribbon or soft cord) before sewing on the pockets.

Sew three sides of the pocket onto the apron, leaving the top edge open to create the pocket opening. You may want to attach a matching or contrasting flap to some pockets.

Make sure that all pockets and items are securely fastened to the apron.

Twiddle Apron

You will need:

1 piece of cotton fabric 54 x 40 cm (21 x 16 inches)

1 piece of cotton fabric 54 x 18 cm (21 x 7 inches) – can be a different colour to the larger piece.

1 piece of cotton fabric for apron ties 9 x 110 cm (3.5 x 44 inches)

Plastic children's tools (e.g. gardening, joinery, baking, etc) – 1 for each pocket

4 pieces of tape or ribbon, measuring approximately 20 cm (8 inches)

Instructions

Hem both pieces of fabric, then attach the smaller piece to the larger one by stitching along 3 sides, leaving the top open.

Stitch 3 lines up the smaller piece going through both layers to make 4 pockets an equal distance apart.

Fold the narrow piece of fabric in half, turning in the raw edges to make the tie. Attach to the top of the apron placing the middle of the tie to the middle of the apron.

Sew a piece of tape inside each pocket then attach a tool to the other end. If the tool doesn't have a suitable hole, one can be made with a hot skewer.

Make sure that all pockets and items are securely fastened to the apron.

