

## Clothing Protector I

We are repurposing old, men's shirts to make clothing protectors for Parkinson's and nursing home patients. It makes male patients especially happy to wear a shirt instead of a bib. You will need a liner fabric in addition to a shirt—flannel or a waterproof fabric for each protector. A Velcro closure is preferred by the caretakers. (1 set width of velcro x 1 3/4")

Step 1: Cut the shirt apart at sides, around the sleeves and across the shoulder, cutting close to the seam around the collar, leaving the collar intact. Lay front on top of back, wrong sides together – matching hems and sides as possible. Straighten sides and trim off hem following the curve to remove bulk.

Step 2: To make a closure, cut center of collar in half. Make two tabs from the sleeves, approximately 2" x 2", I used the cuff from the shirt, if it is long sleeved. Sew velcro to tabs. I opened the collar a couple of stitches, inserted the tabs using a wide zig zag or interlocking stitch to attach. Sewed the collar to the collar stand.

Step 3: Using a rotary cutter and ruler, make a diagonal cut from the armpit to top of shoulder, approximately 1/2" from the collar seam, make sure both sides are even.

Step 3: Using the front as a guide, cut a straight line across the top of the back 1" above the top of the pockets on front. Using the back as a pattern, cut a liner piece to match. With right sides together sew liner to back. Turn seam and press.

Step 4: Next sew down each side of placket, starting below the second button. Lay out pieces; back section right side up and front right side down facing the back. Sew down side across the bottom and up the other side. Turn right side out.

Step 5: On diagonal cut, turn under twice. Stitch down diagonal, continuing around the body with top stitch 1/4" around the sides and bottom and stitch the other diagonal. Stitch the back to the front at top of backing. Finished. A label saying made by Iowa OES would be wonderful.