

## **Adult Clothing Protector- A re-purposed shirt-bib we call the "Shib"**

The goal of this effort is to create a dignified way for the elderly and dementia patients to protect their clothing during meals. Adult bib patterns tend to be whimsical and somewhat childish. When an adult is wearing a Shib, it looks very much like they have on a normal shirt.

Start with an existing man's shirt or ladies' blouse with a button front closure. Dense fabrics work best to repel food spills- denim, flannel, oxford cloth, or heavy broadcloth. Also, you could line the front with flannel or T shirt fabric to make a double layer. Remove any labels from the back of the neck to make area soft and smooth.

### Cutting

1. Cut along the side seam of the shirt- up and around the front of the armhole up to the shoulder seam. If the shirt has a back yoke, continue around the armhole to yoke bottom and across the back along the yoke. If there is no yoke, cut across about 2-3" below the neckline seam.
2. Cut to round off at the bottom of the armhole into a smooth curve.
3. Make a cut up the center of the back through the collar.
4. If you are not going to use bias binding, leave about 1 in around the edges to make a rolled hem.
5. To make a binding, cut 2.5 inch wide strips on the bias from the fabric that used to be the back of the shirt. Make sure that you have enough to bind all the raw edges of the shib once you sew them together. If there is not enough fabric, you can use a commercial bias fold tape that is a similar color to the shirt. Or you can do a rolled hem on your serger.

### Sewing

1. Sew up both sides of the front band of the shirt from the bottom to about 4 inches from the neckline. You may need a zipper foot to do this. This keeps the band flat after laundering.
2. Sew down the collar in place to keep it neat as well.
3. Cut a piece of flannel or T shirt to line the front and sew being careful to not sew the pockets closed.
4. If making a binding, sew all the 2.5 inch strips together along the short ends to make one long strip. Fold the strip in half along the length and fold the long ends into the center to make a double fold bias binding. Cut the strip in half and use one on each side to bind the raw edges along the sides, across the back and up the back through the cut collar.
5. If you do not want to use bias tape, you can make a rolled hem on the edge.

6. Put a buttonhole and button closure on the back or sew in a large snap or use hook-and-loop tapes such as Velcro (use the soft loop side facing the body, the scratchier hook side facing away from the body).

