



How to Make a Scarf for an Individual with Oral-motor Impairments- Angel Design

Written By: Move To Learn Innovation Lab



This DIY manual shows how to create a scarf to manage saliva for individuals with oral-motor impairments. The scarf uses a three-layer structure as a demonstration, namely a liquid wicking layer, a liquid absorbing layer, and a waterproof layer. Use these instructions as presented or modify them creatively on your own to meet the needs of the individual for whom you are designing. For example, you can change the color or pattern of fabric used. You could also use a two-layer structure (wicking and waterproof layers) as a lighter, less bulky solution for an individual with mild drooling. You could also modify the fastener type or location to match your needs. Be creative and have fun!

GUIDE TO PURCHASING MATERIALS TO MAKE THE SCARF

Here we provide specific information regarding the materials we used in fabricating the scarf. You do not have to use these exact fabrics. We describe the requirements for the fabric used in each layer so that you can find replacements that function similarly for your desired modifications.

Liquid wicking layer			
Material	Link	Pricing	Requirements
	https://www.seattlefabrics.com/Active-Dry-Wicking-Jersey-Mesh-1295-linear-yard-p_176.html	\$12.95/Yd. (1 yard required)	This layer should have the capability to spread liquid quickly.
<p>Tips: A 100% polyester knit fabric is appropriate for this layer. If you have some fabrics with you, but not sure whether it could work or not. You could pour a little water on it. If the material spreads the water and dry quickly, then that's what you want to use. If it forms into a water drop, be absorbed by the fabric, and then remains wet for a long time, that piece of fabric is not appropriate.</p>			
Liquid absorbent layer			
Material	Link	Pricing	Requirements
	https://www.joann.com/performance-heather-terry-knit-fabric-grey/16717126.html#g=terry&start=1	\$11.99/Yd. (1 yard required)	This layer should have the capability to absorb and retain large amount of water.

Tips:

Cotton terry (or knit terry) fabrics are excellent choices for this layer. You could find a lot of different types of cotton terry cloth fabric on the market. The main difference is the weight of the material (measured in ounces per square yard). Typically, the higher the number, the better the ability to absorb liquid. Here, we recommend lower than 10 ounces per square yard fabric; that's good for most of the children.

Waterproof layer

Material	Link	Pricing	Requirements
	https://www.joann.com/babyville-pirates-pul-fabric/12850012.html#g=waterproof&start=1	\$10.49/Yd. (1 yard required)	This layer should have the capability to prevent water penetration.

Tips:

The fabric would usually be labeled as a waterproof fabric. Those are easy to find.



TOOLS:

- **Sewing Machine** (1)
- **Hand Needle** (1)
- **Scissors** (paper-cutting, fabric-cutting, and thread-snip)
- **Tailor's chalk** (1)
- **Sewing clip** (*optional)

PARTS:

- **Wicking fabric** (1)
- **Water absorbent fabric** (1)
- **Waterproof fabric** (1)
- **Thread** (1)
- **Snap buttons** (sizes of 8 mm/0.31 in or 10 mm/0.39 in)

Directionality of Fabrics

Wicking Fabric



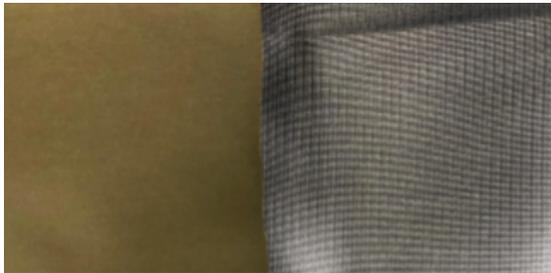
Right (Front) Wrong (Back)
*The wrong side does not contain obvious meshes

Absorbent Fabric



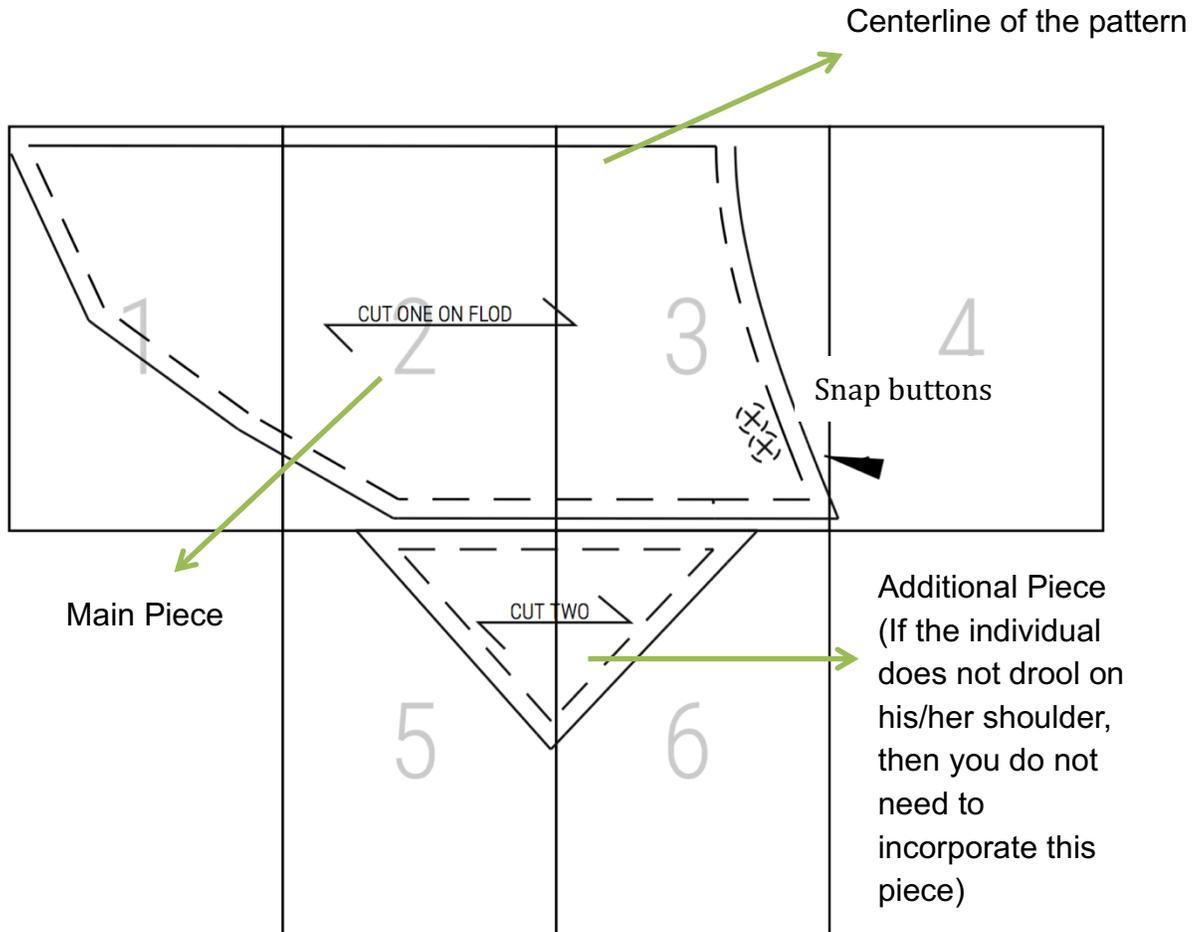
Right (Front) Wrong (Back)
*The wrong side has small loops

Waterproof Fabric



Right (Front) Wrong (Back)
*The wrong side is reflective

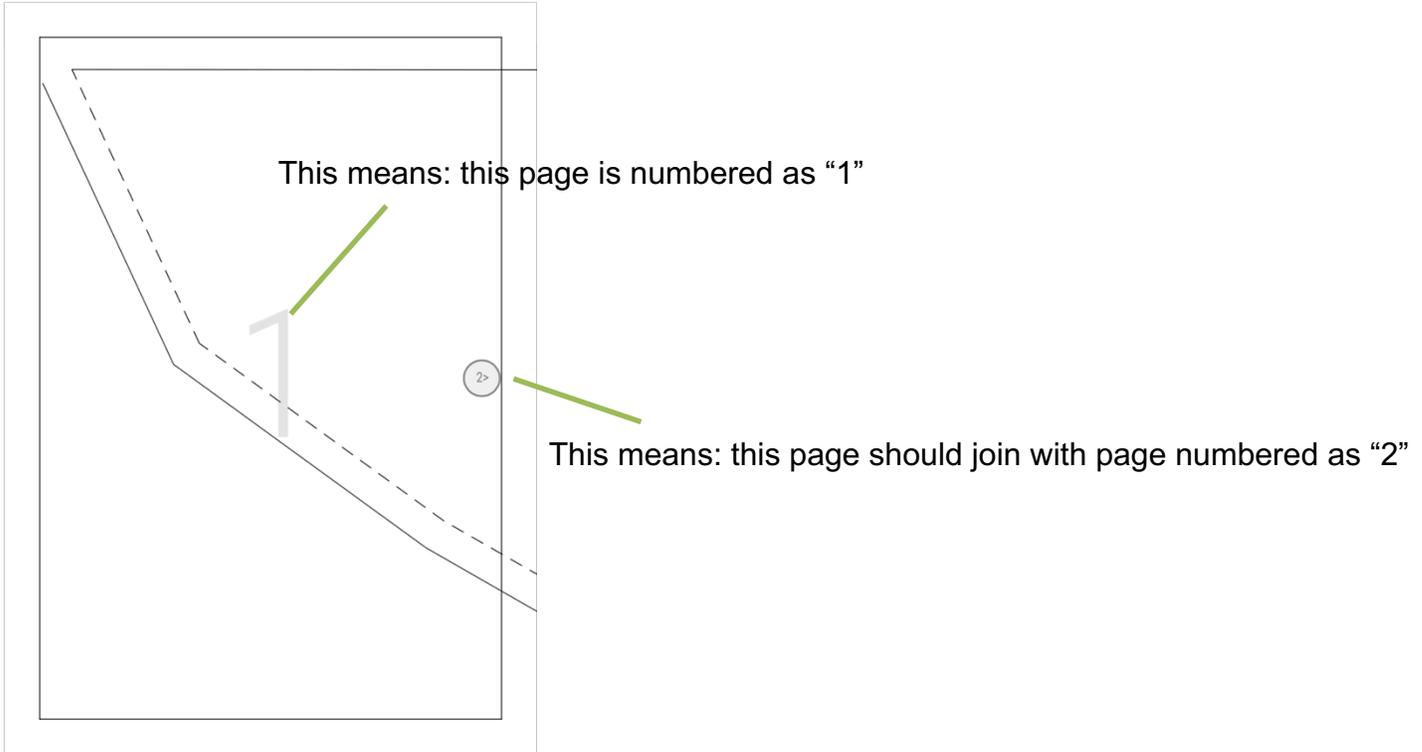
Pattern Explanation



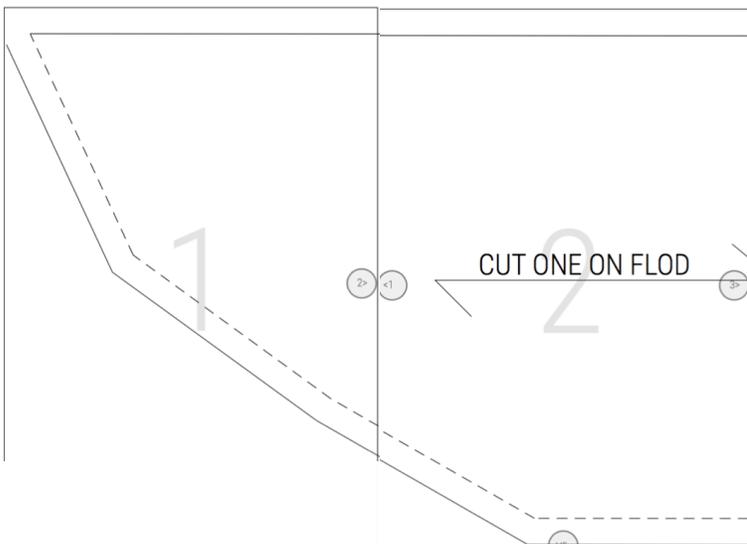
***Cut one on fold: Fold the fabric along warp direction, put the pattern on the fabric, the centerline of the pattern coincides with the crease (fabric).**

Join Pattern Pieces

The entire pattern was cut in few pieces. The first page of the PDF document is the thumbnail of the whole pattern. From the second page, each page contains a number, that's corresponded to the number in the thumbnail. The small number in the circle means the number of the page it should join with (as shown below).



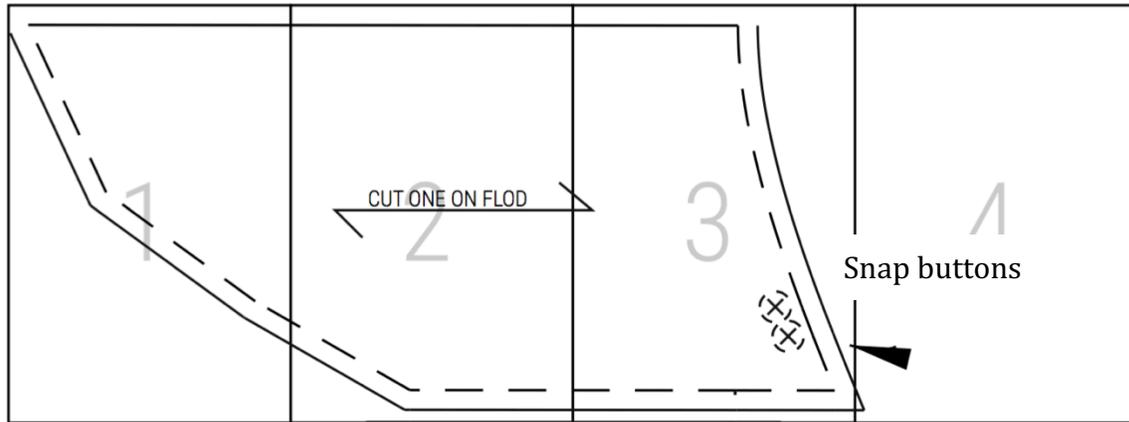
Cut out the pieces along the solid line first, and join the pieces together with the number guides. Like this:



Procedure

Step 1 – Cut Out Pieces

- Cut out “Main Piece” patterns and join pieces with tape.



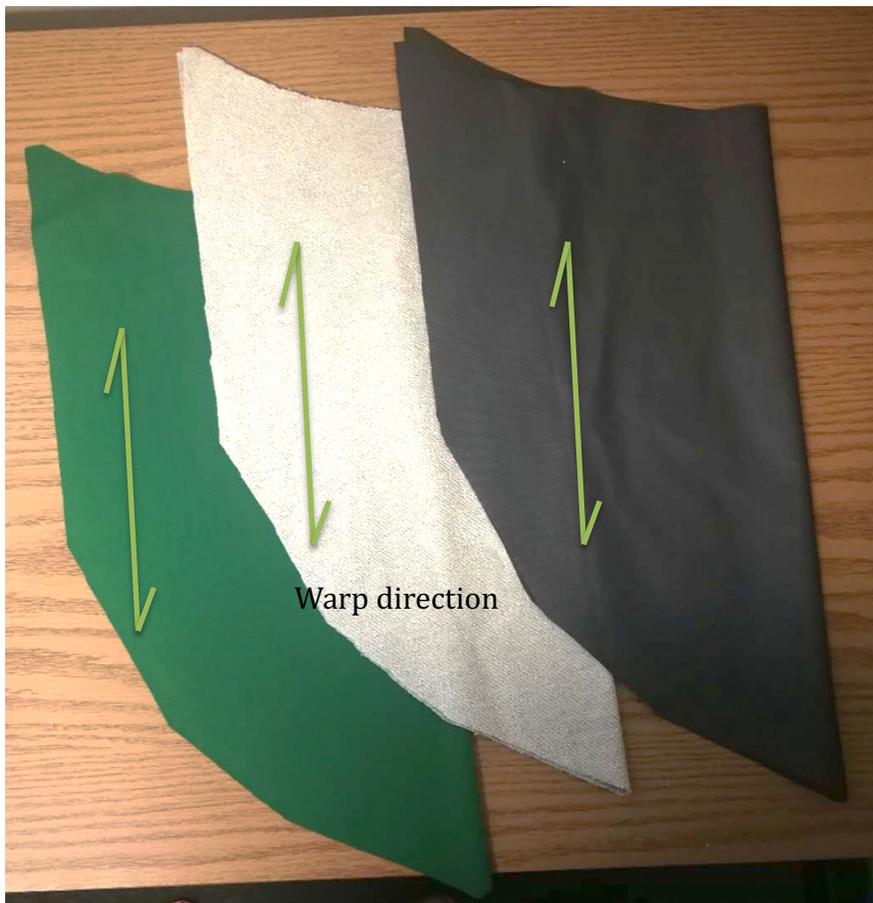
- Using the patterns, fold the fabric along the warp direction (wicking, water absorbent, and waterproof).



- Trace pattern onto fabric (wicking, water absorbent, and waterproof).



- Cut out one pattern piece for each fabric (wicking, water absorbent, and waterproof).



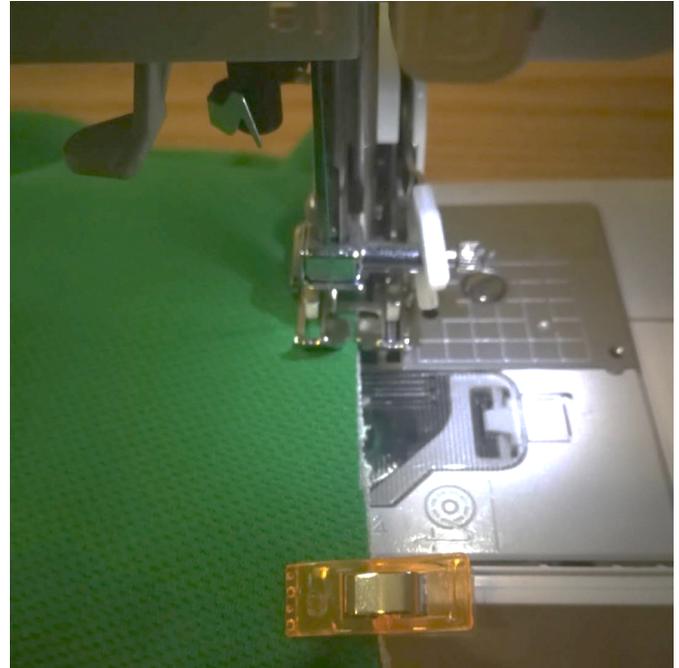
Step 2 – Placing Wicking Fabric

- With the front side facing up, place the wicking fabric on the front part of the water absorbent fabric. You could use clips to clip them together, but you do not have to, if you don't have them.



Step 3 – Basting Two Fabrics

- Using a 5.0 stitch length, baste the two fabrics 1/4" from edge to secure two layers of fabric together. The stitch length is just a recommendation; you can use any sewing needle that you have.
- What is a basting stitch: <https://www.youtube.com/watch?v=QKwOplpXwwk>

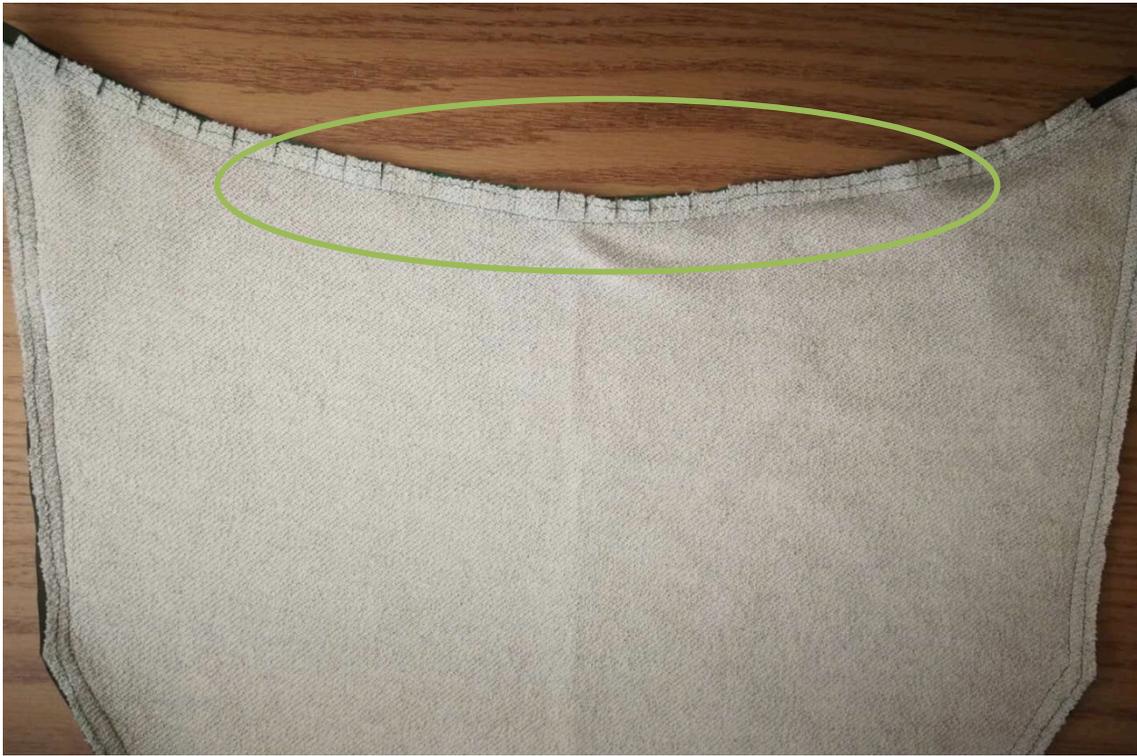


Step 4 – Combining Pieces

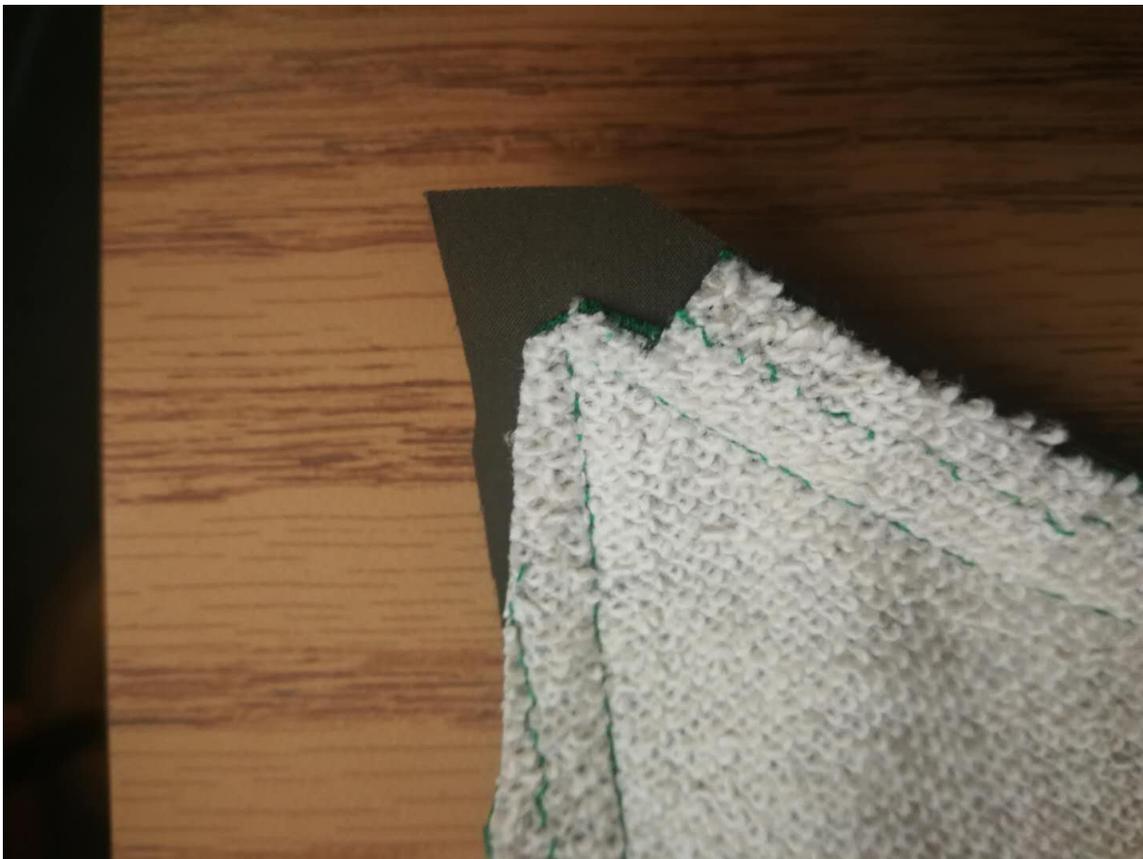
- Place the right side of the waterproof fabric on the top side of the wicking fabric matching the seam on both. Because you will need to invert the scarf, leave a 4-inch opening in the seam. Stitch around the remainder of the edge using 1/2" seam allowance.



- Cut a few notches along the upper edge. Be careful not to clip your stitches. Notches were cut so that when you flip the inside out, the stitches could be kept flat.



- Reduce bulk by clipping the corners of the fabrics. Be careful not to clip your stitches.

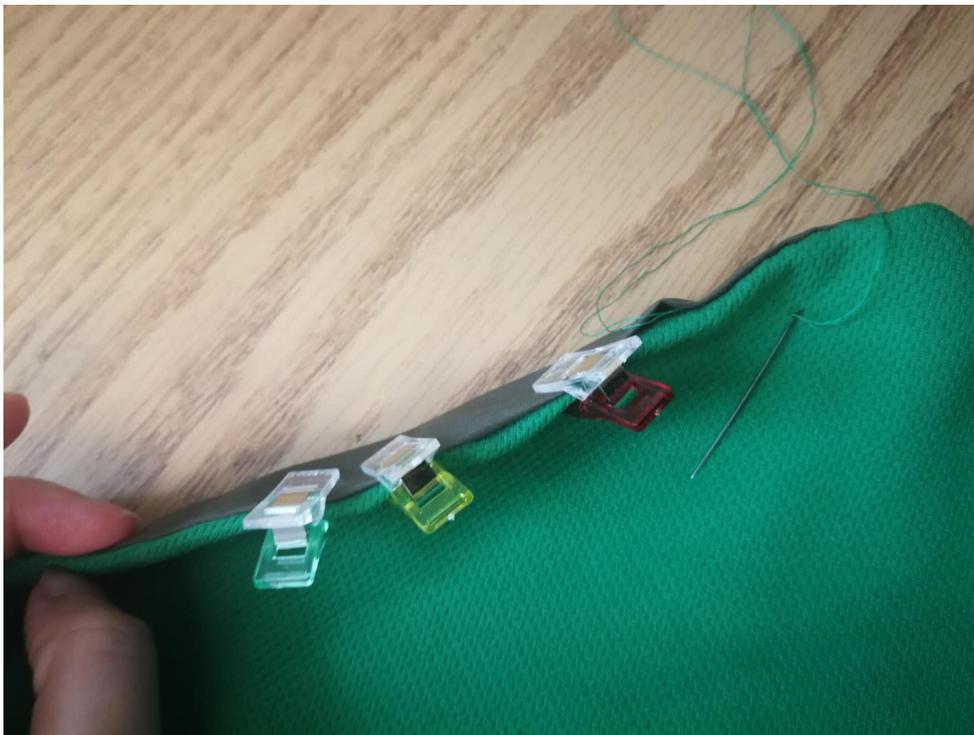


- Through the 4” opening, pull the fabric to invert it so that it is right side out.



- After inverting the scarf, hand sew the 4” opening with a slip stitch.
- How to slip stitch:

https://www.youtube.com/watch?time_continue=81&v=WbE5hXi27uU&feature=emb_logo



- Based on the pattern, mark the placement of the snaps and hand sew to attach those. (Snap button sizes of 8 mm/ 0.31 inch or 10 mm/ 0.39 inch can work well)
- How to sew a snap button: <https://www.youtube.com/watch?v=W0NMPTS6YGo>



- If the individual you are making this for does not drool on his/her shoulder, then your finished product will look like this.



- If the individual drools on his/her shoulder, you should add two additional pieces. The sewing procedures are same as for the main piece. Your finished product will be like this.



Final Product

