

Polar Fleece Hot Water Bottle©



Fill the hot water bottle with warm tap water. It is the warmth and the weight of the item that combine for a calming effect. This item is especially useful for lower functioning residents who are vocally disruptive for long periods of time and for those residents who have difficulty calming down at bedtime. A doctor's order is needed for use of this item in a nursing home setting. It is best to offer the polar fleece hot water bottle to the resident when he or she first is getting upset. It seems to have an immediate calming effect if given as an early intervention for screaming.

Cues for action: "I have something warm and heavy for you to hold. It will keep you warm and make you feel better." Place the polar fleece hot water bottle on the resident's chest/mid-section. Encourage him or her to hold on to it with both hands.

Promotes:

1. Warmth
2. Deep pressure stimulation
3. Calming
- 4.

Discussion is not usually advisable for this item. Simply let the resident relax without additional stimulation.

Need:

- Two pieces of polar fleece, each 10" x 18" (stretchiness in the 10" side)
- one pair of 24" shoe laces or two 24" pieces of washable cording.

Instructions:

On each piece of polar fleece, fold over 1" to form a casing as shown.

Pin well, and stitch, reinforcing the ends of the seams.

With the right sides together, pin the two pieces together.

Stitch around the three sides, making sure not to sew the casing shut.

Reinforce seams at beginning and the end.

MAKE SURE YOU REMOVE ALL THE PINS

Thread the laces through the casing as shown.

Knot the ends as shown, and if you are using shoelaces, cut off the stiff shoelace ends.

Turn the bag right side out.

Fill the bag with warm tap water. (Do not put in microwave).

*****You need a physicians order to use this item.**

