



MONTESSORI-BASED DEMENTIA PROGRAMMING® ACTIVITY IDEAS

Decorate a Hat

Does your loved one or client wear hats? Do you think that they would wear a hat if it reflected their own brand of creativity? This activity consists of giving new life to some old (or new) hats and designing an article of clothing that the participant will wear, giving purpose and meaning to this creative outlet. If a group of community members are in a club, they'll feel connected in their matching hats. One of our favorite applications of this activity is in preparation for a Kentucky Derby celebration or summer activities. Add to the experience by going to the store together to shop for pieces to use for decoration.



Materials

- A hat. Visor hats made of craft foam, cotton baseball caps, and fisherman hats can be found in the craft store ready to be decorated.
- Decorations for your hat. Self-adhesive shapes made from craft foam, flowers, rhinestones, team logos, or whatever the person finds interesting.
- Glue and a brush. Use glue that is non- toxic and will work on fabric or craft foam. Provide a thick- handled brush to apply the glue, for easier gripping.
- A plastic dish (to pour your glue into).

Set Up

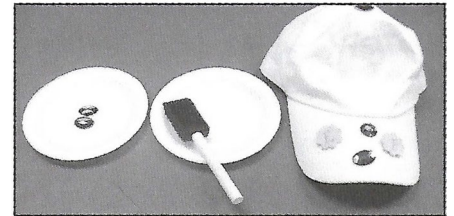
1. Pour some glue into the dish near the participant's dominant hand.
2. Place your brush in the glue and place the hat directly in front of the participant.
3. Put decoration items in front of them so they can see the different options. Five to seven items are best to try at first, then add more or take some away depending on the participant.

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DECORATE A HAT

Instructions

1. Demonstrate. This is a three-step process:
 - a. dip the brush in glue,
 - b. dab the glue on the chosen spot on the hat, and
 - c. put the decoration item on the glued area.
2. After demonstrating, allow your family member to proceed with the project. Provide guidance as needed, but allow them to make this hat their own. Whatever they create is perfectly acceptable. **There is no right or wrong way to decorate something.**
3. Help them remember what they have created so they can feel that sense of pride again and again. One way is to write on the inside of the hat, "Made Together By ...".



Tips

-  Glue can be tricky. Depending on the type of glue and decorations that you are adhering, you may also need to put glue on the back of the items (rhinestone, shape, etc.) as well as on the hat.
-  We would not recommend throwing these hats in the washer. If an individual adores the hat and wears it constantly, perhaps you can try hand washing it or spot cleaning it, or making a second, "back-up" hat.
-  Keep this age-appropriate. It is critical to respect their status as adults. We would not suggest choosing any decoration item that could seem child-like.
-  Be aware! You are probably going to be working with small objects. If your family member or client has some memory deficits and forgets what the rhinestones, shapes, or flowers are, they may think they are candy and place them in their mouth. It helps to start by describing the objects, and to demonstrate their use before giving them to the person. However, if putting things in their mouth is a realistic possibility, please choose another activity.

DECORATE A HAT



Make hats that they can give as gifts, especially to grandchildren.

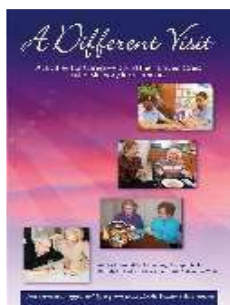
Extensions

More challenging

- Use more decoration items. Maybe they can work with ten at a time. Or, you can make the design a little more complex. Instead of just gluing shapes, flowers, or rhinestones to a hat, the participant can add some decorative paint to the hat as well.
- Create a coordinating miniature tote bag, also sold at the craft stores.
- You can also create a picture frame. Pick up an unfinished wooden picture frame, and cover it with your chosen decorations. If you are going to work with wood, you also need to pick up an appropriate non-toxic glue. Ask someone at the craft store for guidance.

Less challenging

- Eliminate steps if necessary. Make yourself the designated glue dipper, glue dabber, or decoration adherer to reduce the number of steps. Make this a doable activity for your loved one or client.
- Use a shirt instead of a hat to decorate. Put outlines of the decoration items in permanent marker on the shirt. This way, they have more of a guide for placing the items.
- Let them make a hat together with a grandchild.



From

***A Different Visit: Activities for Caregivers
and their Loved Ones with
Memory Impairments***

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