

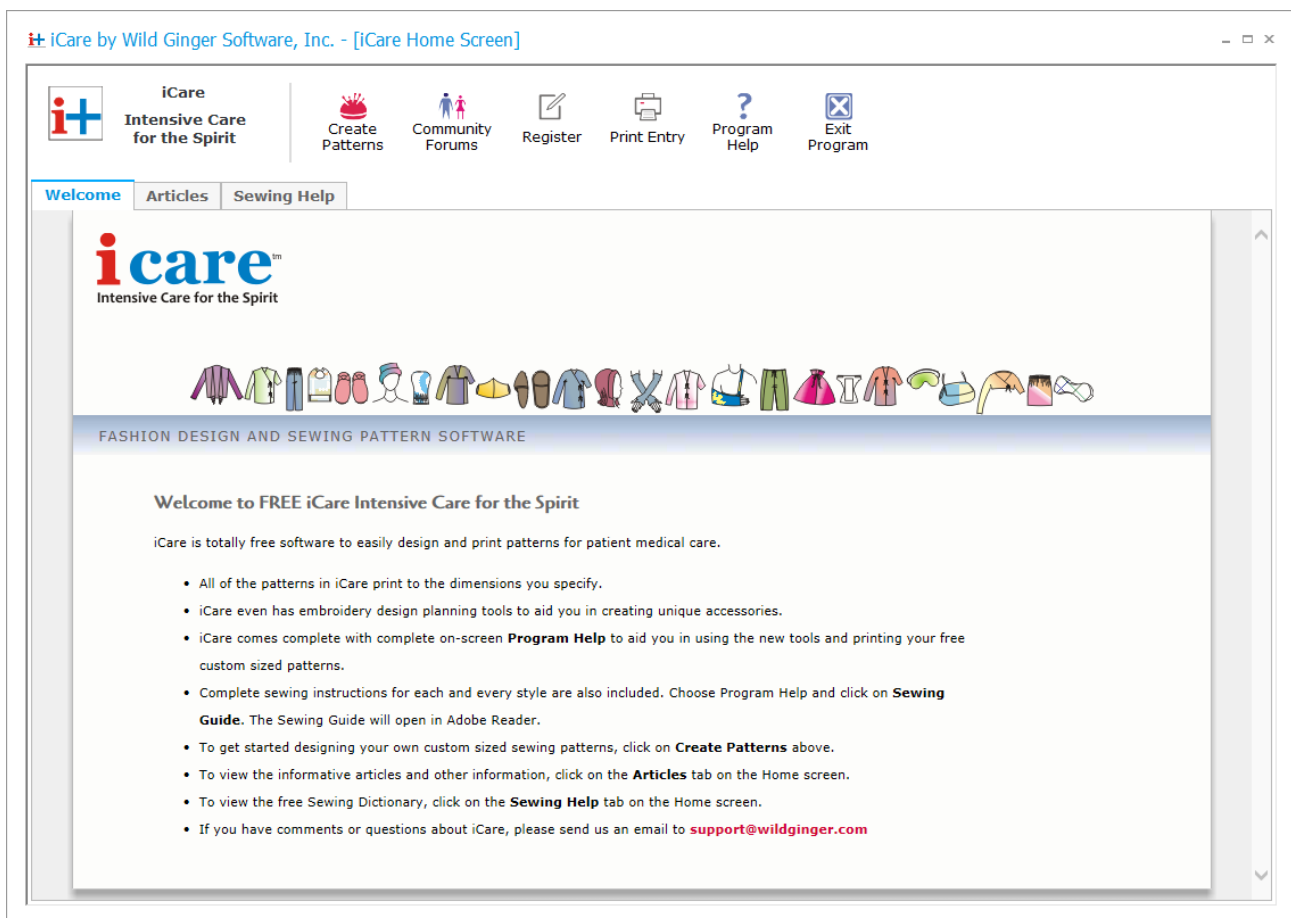
icaretm

Intensive Care for the Spirit

Gowns, Pajamas, and Accessories for Medical Care

The purpose of the iCare sewing patterns program is to provide custom-sized sewing patterns for hospital gowns, pajamas, and accessories for medical care. This program is provided free of charge to anyone who wishes to sew garments for non-profit and charitable purposes. Patterns printed from this program and garments made from these printed patterns may not, under any circumstances, be sold to anyone for any reason without express written permission from Wild Ginger Software, Inc.

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Introduction

The iCare© sewing patterns program by Wild Ginger Software, Inc. is a very simple program to use. You can create styles for hospital gowns, pajamas, and accessories just by clicking a button. Everything you need to know to use this program is contained in this Help file. We recommend that you print this document for easier reference. The iCare© sewing patterns program does not provide for saving patterns. Patterns can only be printed.

Home Screen

- Launch the iCare© Patterns program from the desktop icon and the iCare© Home screen will appear (Fig. 1).
- The Home screen provides access to all of the iCare features and functions.
- The Articles and Sewing Help tabs display the included informational articles and sewing dictionary.
- To begin designing styles, click on the Create Patterns button.
- The iCare Patterns screen will appear (Fig. 2).

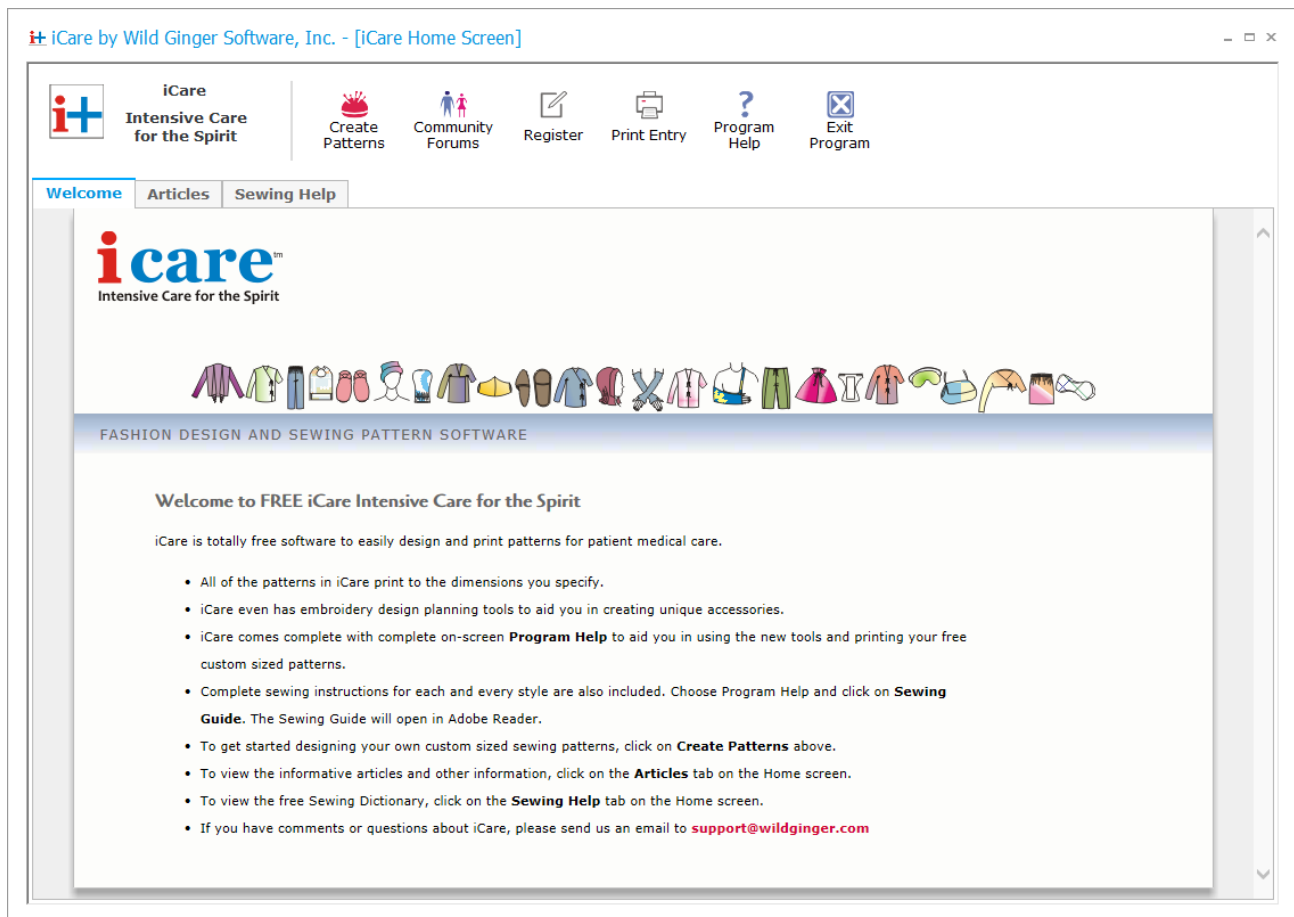


Figure 1. Home Screen

Patterns Screen

- All of the Patterns screen functions can be accessed from the buttons across the top of the screen. Choose Program Help to display the on-screen help for more detailed instructions.
- The Size Charts menu item displays the Standard Size Charts screen.
- The Units button allows you to choose Inches or Centimeters as the display units for iCare.
- The About button shows the iCare© Patterns About Box and the date of the last update.
- The Full Screen button shows the patterns at maximum zoom.

- Select the desired style by clicking on the label next to the option button.
- The patterns will appear in the top drawing window and a sketch of the selected item will appear in the lower left drawing window. The sketches are an approximation of the design only. Not all settings and options will be portrayed in the sketch.
- Select a standard size for the selected item from the Size drop down menu. The settings will change to reflect the settings for the standard size selected. See the Standard Sizes chart later in this document.
- The settings that are pertinent to your selection will become enabled. Make any desired changes to the settings by clicking on the down arrow next to the setting and choosing the setting from the drop down list box. The dimensions of your pattern pieces will change automatically. A description of each setting will be provided later in this document.
- If you select a pocket to go with your style, the pocket pattern will appear in the lower left drawing window. Pockets will not appear in the sketch of the selected style.
- Once you have finished designing your style, press the Next button and the Finish Patterns screen will appear (Fig. 3).

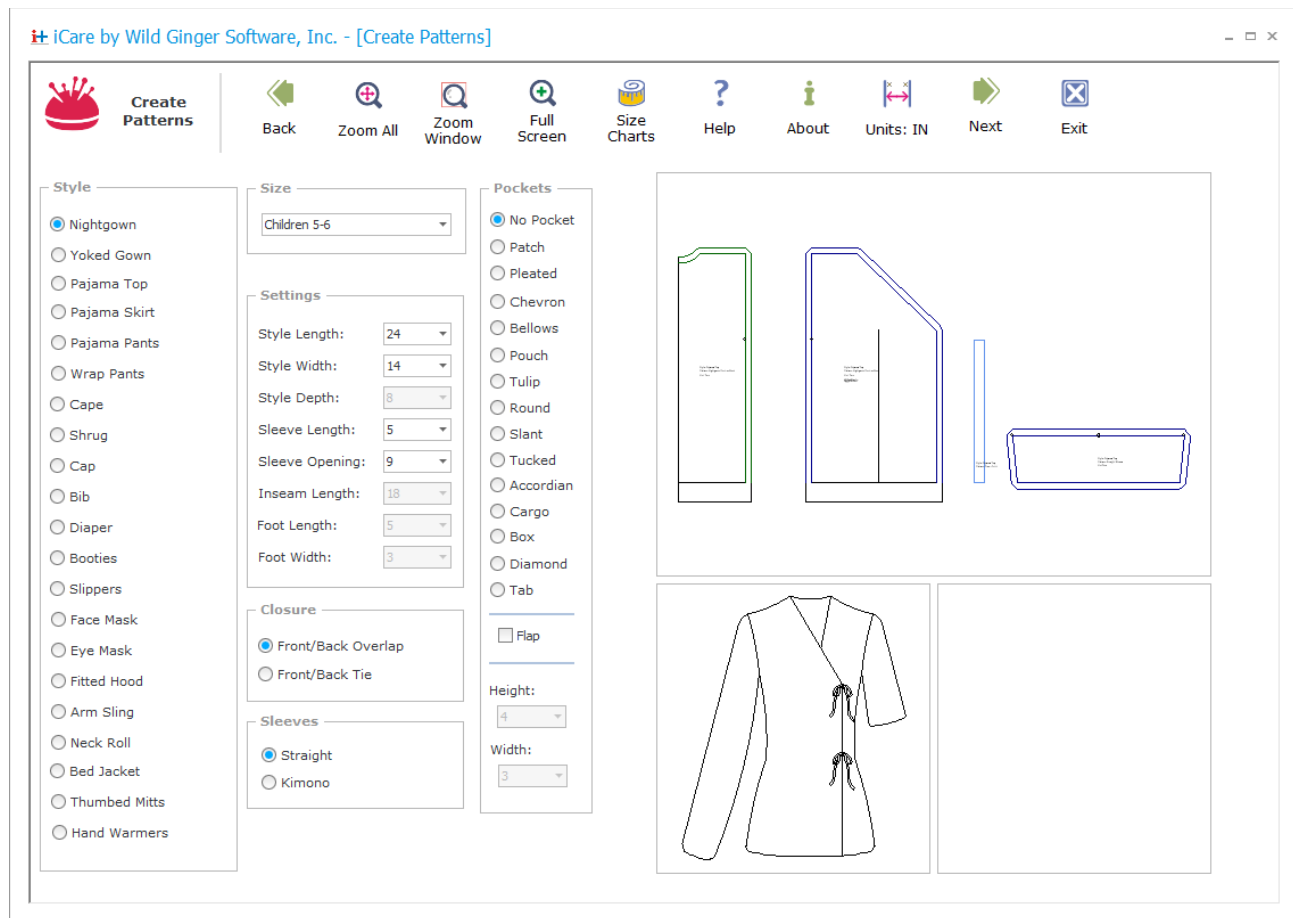


Figure 2. Patterns screen

Finish Patterns Screen Menu

The Finish Patterns screen provides access to printing your patterns. You can also place and size embroidery images, if desired.

- To print your patterns, pockets, and style sheet, click on Print button. Choose Printing Help from the menu for instructions on how to use the Print screen.

- To open the Sewing Instructions document in Adobe Acrobat Reader, click on Help in the menu and then click on Sewing Guide.
- The Help menu item opens this document in Adobe Acrobat Reader.
- The Printing Help menu item opens the Printing Help document in Adobe Acrobat Reader.

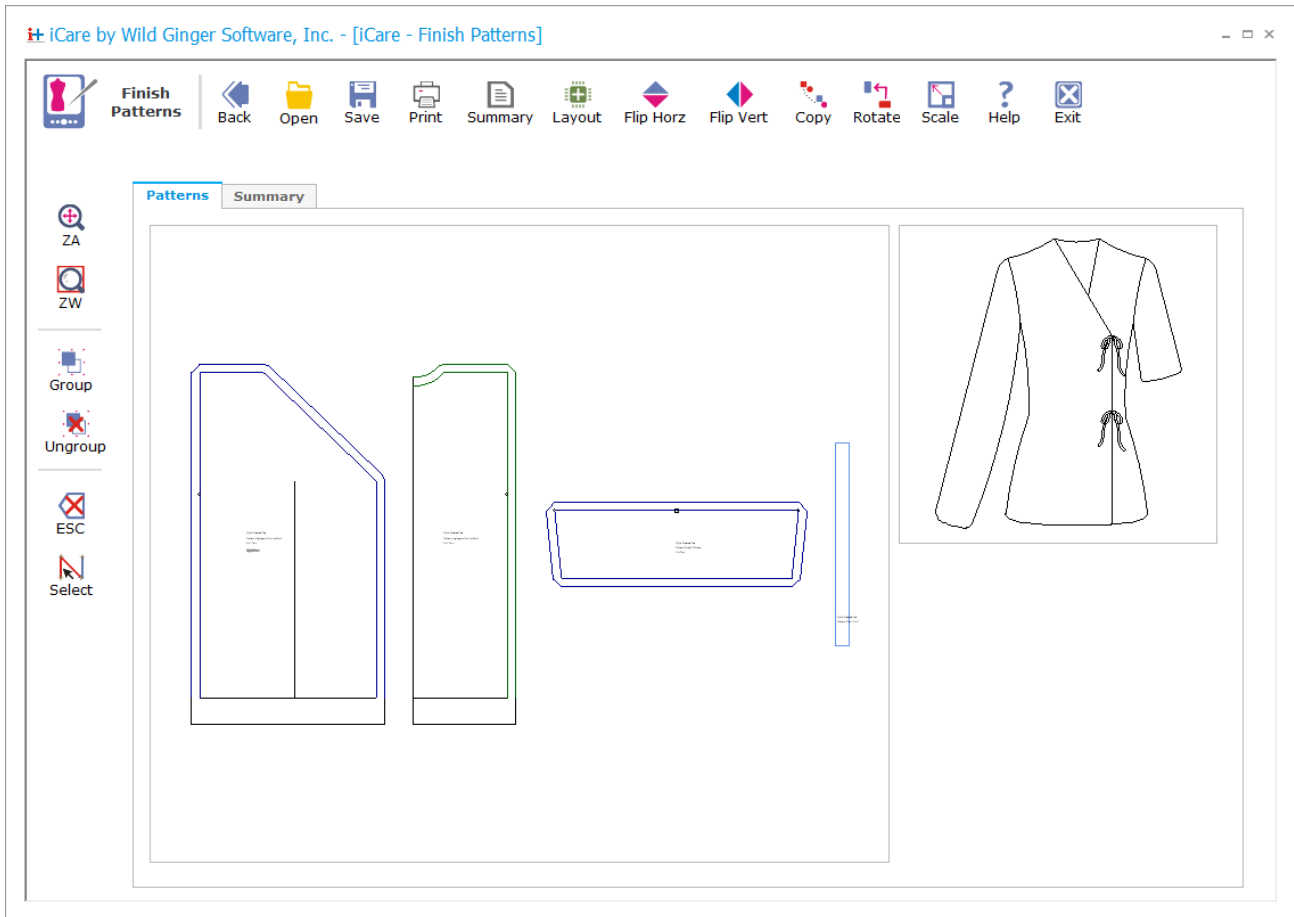


Figure 3. Finish Patterns screen

- Layout opens the Yardage Calculator with the current pattern selections displayed.
- To exit the program, click the Exit button.

Styles

Nightgown/Pajama Top: The nightgown/pajama top can be made long for a nightgown or short for a pajama top, as desired. The gown can be created with a surplice overlap opening and tied to the side or without the overlap and tied in the center of the garment. The garment can be worn with the opening in the front or the back. This style can be made with straight or kimono sleeves.

Yoked Nightgown/Top: The yoked gown/top has a v-neckline and a yoke styleline placed just below the underarm area. The yoked gown has a kimono sleeve. The lower half of the garment is wrapped across the front and back for both modesty and easy access.

Cape: The cape is a circular style with stand up collar and ties at the center front neck.

Shrug: The shrug is a short kimono-sleeve garment with a surplice overlap that is tied at the side front. It can be sewn from polar fleece for warmth or stretch knit fabrics.

Bed Jacket: The bed jacket is rectangular with a scarf front and attached sleeves.

Pajama Skirt: The pajama skirt has a casing for a drawstring or elastic, as desired. The pajama skirt can be created long or short, as desired.

Pajama Pants: The pajama pants have a casing for a drawstring or elastic as desired. They can be created long or short, as desired. Velcro or snaps can be used to close the sideseams.

Wrap Pants: The wrap pants are open on both sides. The back of the pants wraps toward the front of the body and ties at the front waistline. The front of the pants wrap over the back at the sideseams and ties at the back waistline. Ties can also be added at the hemline to tie the pants at the ankles, if desired.

Cap: The cap has a circular crown and wide band that can be turned up. It should be sewn from polar fleece or stretch knit fabrics.

Fitted Hood: The fitted hood is a half circle style with elastic along the back neckline and a visor that can fold back over the top of the head.

Booties: The booties can be drafted for both children and adults and sewn from polar fleece or stretch knits. Elastic is placed around the ankles to hold the booties in place. Measure the length and width of the foot and input those measurements for the style width and style length.

Slippers: The slippers are a slide on style and can be made from polar fleece. Attach non-skid material to the bottom for safety.

Face Mask: The face mask is a hospital-style face mask covering the nose and mouth. Elastic straps on the sides wrap around the ears.

Eye Mask: The eye mask covers the eyes and has an elastic strap that wraps around the head.

Arm Sling: The arm sling is secured with self straps or webbing.

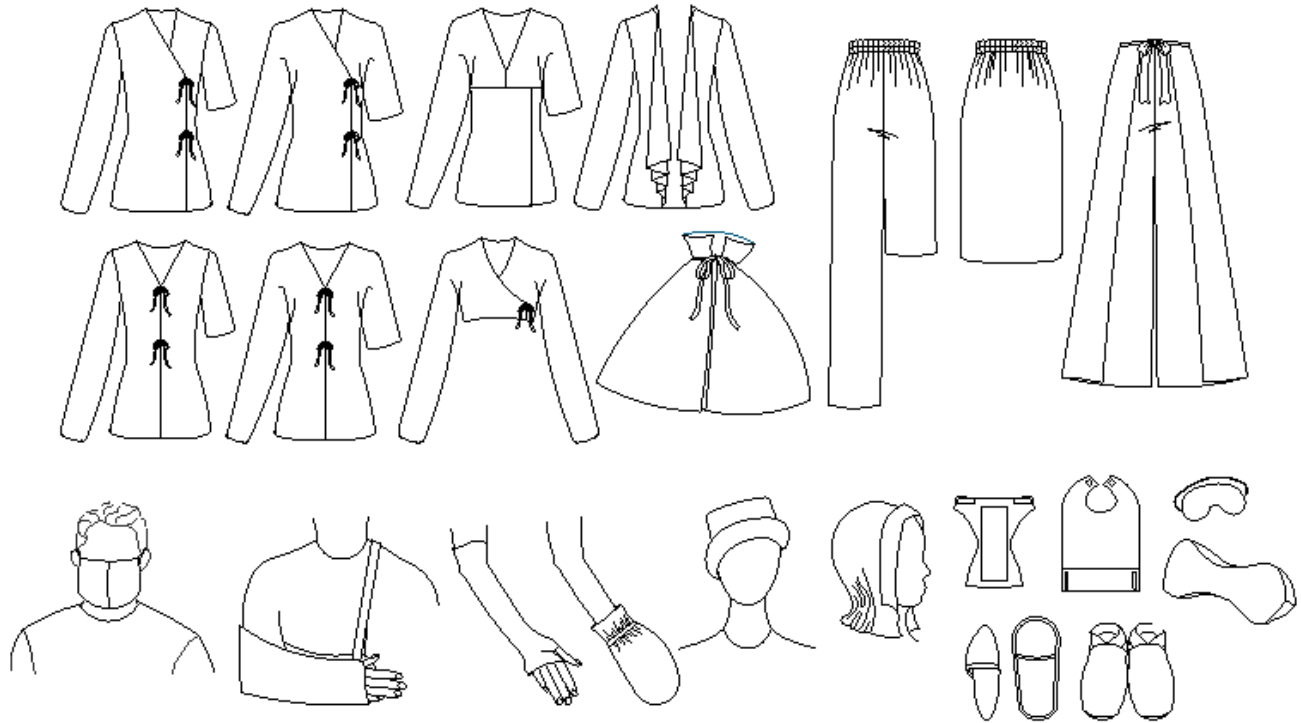
Neck Roll: The neck roll is a dog bone shape.

Thumbed Mitts: The thumbed mitts provide warmth for the forearm up to the elbow with exposed fingers.

Hand Warmer: The hand warmer cover the hands and are fingerless. Elastic around the wrists helps to keep them on.

Bib: The bib wraps around the neckline to velcro at the center back. It has a pocket at the lower edge that turns up and is secured with velcro. The bib can be cut short for babies and toddlers or longer for adults, as needed.

Diaper: The diaper is a simple cloth diaper wrapped through the legs and secured with velcro. A pattern for a soaking pad is also included.



iCare Styles

Settings

All program settings are described below. Suggested settings for each size can be set by selecting the desired size from the drop down list box. Selecting a size from the drop down list box will set the style length to knee length for nightgowns, the sleeve length to a short sleeve, and the inseam length to long pants for the pant styles. Settings can then be changed independently. Suggested settings for gown and top lengths, long and short sleeves, sleeve openings, and long and short pants can be found in the Standard Size Charts later in this document. The settings included in the standard sizes include enough ease to make loose fitting garments. Seam allowances have been set to 1/2" (1.25 cm). The hem allowance for nightgowns and skirts has been set to 3" (8 cm). Casing width for elastic or drawstrings on the skirts and pants has been set to 1" (2.5 cm). Seam allowances for the booties has been set to 1/4" (.6 cm).

Style Length: The style length setting is the desired finished length for the garment.

- **Nightgown/Top/Cape/Shrug/Bed Jacket** - measured from the center back at neckline down to the desired length. Nightgowns are typically drafted to knee length and pajama tops to the hip depth.
- **Skirt** - measured from the waistline down to the desired length typically from waist to knee.
- **Face Mask** - measured from above the nose to below the chin.
- **Cap** - the desired height of the cap including the amount to turn up for the band.
- **Fitted Hood** - measured around the face.
- **Arm Sling** - measured from the elbow to the knuckles.
- **Thumbed Mitts/Hand Warmers** - measured from above the elbow to the knuckles.
- **Diaper and Bib** - the desired finished length of the diaper or bib.

Style Width: The style width setting is the desired finished width of the garment. The style width should include the desired amount of ease for nightgowns, pants, and skirts. Style width is measured as follows:

- **Nightgown/Top/Shrug/Bed Jacket/Cape** - measured across the garment from underarm at sideseam across the garment to underarm at sideseam. Measure around the widest circumference (chest or hips), add 4 to 6 inches (10 to 15 cm) for ease, and divide by 2.
- **Pants/Skirts** - measured from sideseam to sideseam at the waistline. Measure around the widest circumference below the waist, add 4 to 6 inches (10 to 15 cm) for ease, and divide by 2.
- **Face Mask** - measured from ear to ear.
- **Cap** - measure the circumference of the head around the forehead, divide by 2, and subtract 1. Do not add ease.
- **Fitted Hood** - measured from the nape of the neck to the desired width at center back.
- **Arm Sling** - measured from the base of the elbow to the desired height of the sling.
- **Diaper and Bib** - the desired finished width of the diaper or bib.
- **Thumbed Mitts** - measured around the arm.
- **Hand Warmers** - measured across the widest part of the hand.

Sleeve Length: The sleeve length is measured from the top of the sleeve where it sews to the armhole down to the hemline.

Sleeve Opening: The sleeve opening sets the sleeve opening from the shoulder line down to the desired opening. Make this setting such that the arm including the bicep can fit through the opening after the sleeve is attached.

Inseam Length: specifies the length of the pants inseam from the crotch point to the hemline. This setting can be set to draft long or short pants as desired.

Style Depth: measured down from the waistline to the crotch point. To determine a custom crotch depth, measure the person sitting on a chair from the waistline to the chair seat. Pajama and wrap pants should be loose fitting through the crotch for greater comfort. Make sure to add 1 to 2 inches (2.5 to 5 cm) of ease to the measured crotch depth.

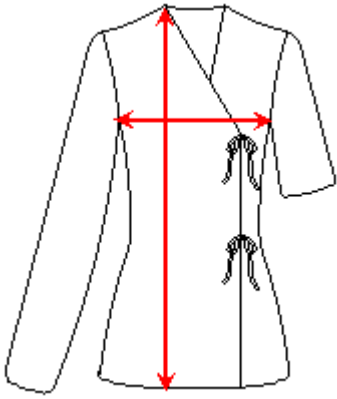
Foot Width - measured across the widest part of the foot.

Foot Length - measured across the longest part of the foot.

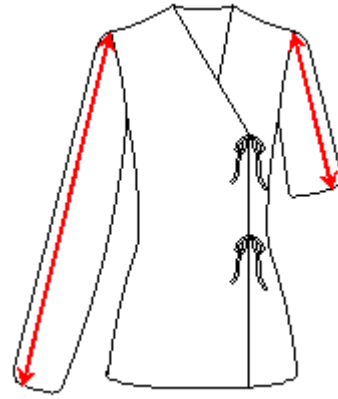
The image shows a screenshot of a settings menu titled "Settings". It contains eight rows, each with a label and a dropdown menu. The values shown in the dropdowns are: Style Length: 24, Style Width: 14, Style Depth: 8, Sleeve Length: 5, Sleeve Opening: 9, Inseam Length: 18, Foot Length: 5, and Foot Width: 3.

Setting	Value
Style Length	24
Style Width	14
Style Depth	8
Sleeve Length	5
Sleeve Opening	9
Inseam Length	18
Foot Length	5
Foot Width	3

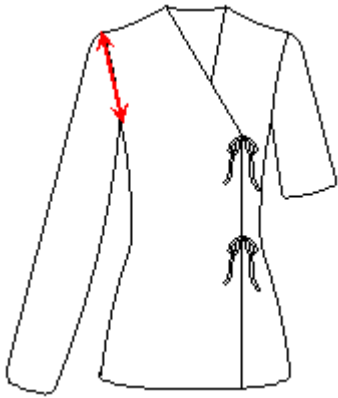
iCare Style Settings



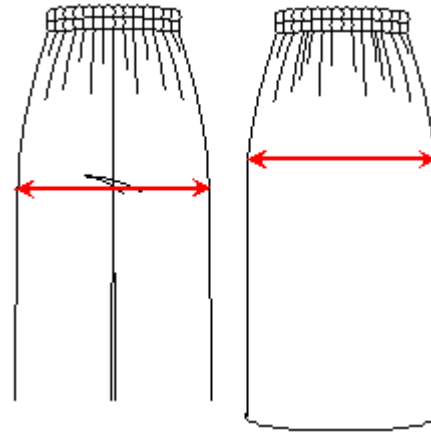
Gown - Length and Width



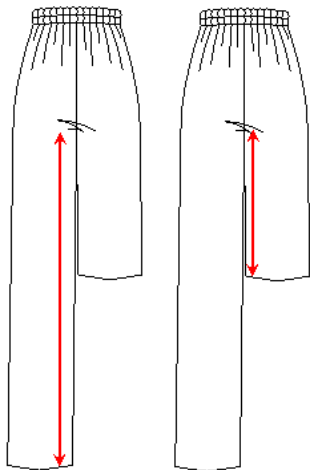
Gown - Long and short sleeve lengths



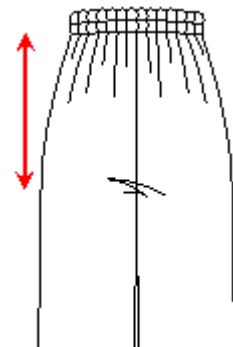
Gown - Sleeve opening



Pants/Skirt - Width



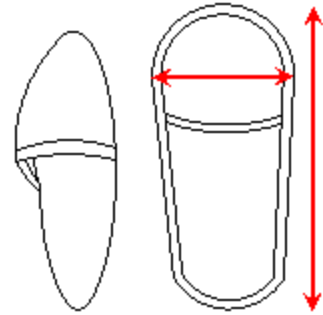
Pants - Inseam length



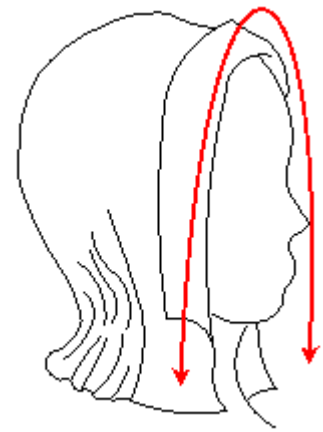
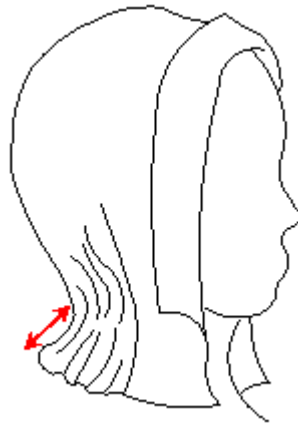
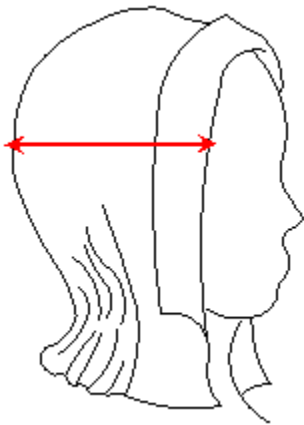
Pants - Style Depth



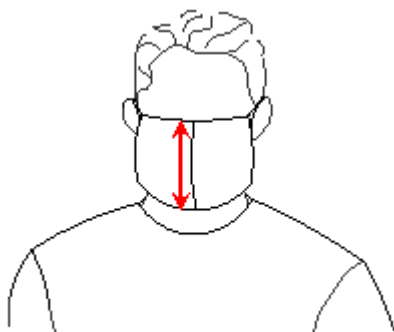
Cap - Length and width



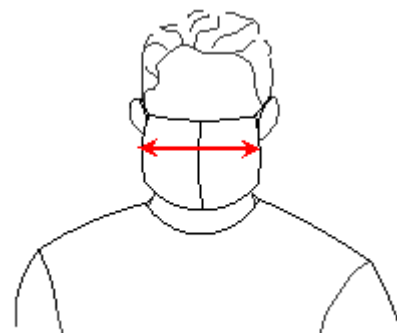
Slippers - Foot Length and Foot Width



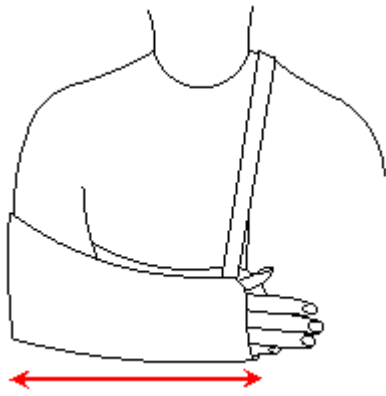
Fitted Hood - Depth, Width, and Length



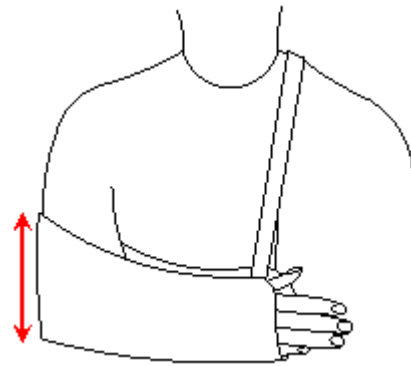
Face Mask - Length



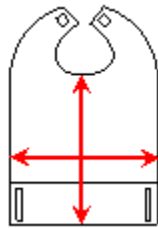
Face Mask - Width



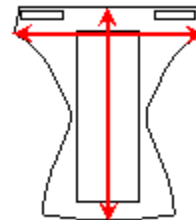
Arm Sling - Length



Arm Sling - Width



Bib - Length and width



Diaper - Length and width

iCare Size Charts

Children's Sizes	1-2	3-4	5-6	6X-7	8-10	12-14
Gown/Top Width	11 (28)	12 (30)	14 (35)	15 (38)	16 (40)	17 (43)
Gown Length	20 (50)	22 (55)	24 (60)	26 (65)	28 (70)	30 (75)
Top Length	14 (35)	15 (38)	16 (40)	18 (45)	20 (50)	22 (55)
Inseam Length Long	13 (33)	15 (38)	18 (45)	21 (53)	24 (60)	27 (68)
Inseam Length Short	4 (10)	5 (12)	6 (15)	7 (18)	8 (20)	9 (23)
Crotch Depth	6 (15)	7 (18)	8 (20)	8 (20)	9 (23)	10 (25)
Long Sleeve Length	12 (30)	13 (33)	14 (35)	16 (40)	18 (45)	20 (50)
Short Sleeve Length	4 (10)	4 (10)	5 (12)	5 (12)	6 (15)	7 (18)
Sleeve Opening	3 (8)	3 (8)	4 (10)	4 (10)	5 (13)	5 (13)

Women's Sizes	XS	S	M	L	XL	XXL
Gown/Top Width	18 (45)	19 (48)	21 (53)	23 (58)	26 (65)	28 (70)
Gown Length	40 (100)	40 (100)	41 (103)	41 (103)	42 (105)	43 (108)
Top Length	22 (55)	22 (55)	24 (60)	24 (60)	25 (63)	26 (65)
Long Inseam Length	27 (68)	28 (70)	28 (70)	29 (73)	30 (75)	32 (80)
Short Inseam Length	9 (23)	9 (23)	9 (23)	10 (25)	10 (25)	11 (28)
Crotch Depth	9 (23)	9 (23)	10 (25)	10 (25)	11 (28)	12 (30)
Long Sleeve Length	20 (50)	20 (50)	21 (53)	21 (53)	22 (55)	22 (55)
Short Sleeve Length	5 (13)	5 (13)	6 (15)	6 (15)	7 (18)	7 (18)
Sleeve Opening	6 (15)	6 (15)	7 (18)	7 (18)	8 (20)	8 (20)

Men's Sizes	XS	S	M	L	XL	XXL
Gown/Top Width	21 (53)	22 (55)	23 (58)	24 (60)	26 (65)	30 (75)
Gown Length	42 (105)	42 (105)	43 (108)	43 (108)	44 (110)	44 (110)
Top Length	24 (60)	24 (60)	26 (65)	26 (65)	27 (68)	28 (70)
Long Inseam Length	28 (70)	29 (73)	29 (73)	30 (75)	31 (78)	32 (80)
Short Inseam Length	9 (23)	9 (23)	9 (23)	10 (25)	10 (25)	11 (28)
Crotch Depth	10 (25)	10 (25)	11 (28)	11 (28)	12 (30)	13 (33)
Long Sleeve Length	22 (55)	22 (55)	23 (58)	23 (58)	24 (60)	24 (60)
Short Sleeve Length	6 (15)	6 (15)	6 (15)	7 (18)	7 (18)	7 (18)
Sleeve Opening	7 (18)	7 (18)	8 (20)	8 (20)	9 (23)	10 (25)

Children's Booties	1-2	3-4	5-6	6X-7	8-10	12-14
Foot Length	3 (8)	4 (10)	5 (13)	6 (15)	7 (18)	8 (20)
Foot Width	1 (3)	1 (3)	2 (5)	2 (5)	3 (8)	3 (8)

Women's Booties	3-4	5-6	7-8	9-10	11-12	13-14
Foot Length	8 (20)	9 (23)	10 (25)	11 (28)	12 (30)	13 (33)
Foot Width	3 (8)	4 (10)	4 (13)	5 (13)	5 (13)	6 (15)

Men's Booties	3-4	5-6	7-8	9-10	11-12	13-14
Foot Length	9 (23)	10 (25)	11 (28)	12 (30)	13 (33)	14 (36)
Foot Width	4 (10)	4 (10)	5 (13)	5 (13)	6 (15)	6 (15)