

Feasibility and Acceptability of a Remotely Delivered Weighted Blanket Intervention for People Living with Dementia and Their Family Caregivers  
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### Online Supplementary File 1

There are no standardized safety guidelines for use of weighted blankets by older adults or people living with dementia. Guidelines were developed for this study based on prior research and practical reports of weighted blanket use in other populations (Eron et al., 2020; Parker & Koscinski, 2016). These guidelines were addressed in the eligibility criteria for study participation and included in the Weighted Blanket Use Guide provided to all participant dyads.

#### Safety Considerations for Weighted Blanket Use by Older Adults and People Living with Dementia

- Weighted blankets should never be used as a restraint.
- The individual using the weighted blanket should be able to remove the blanket on his/her own.
- A person should not be rolled up in the blanket.
- The blanket should not be used when the person is standing or walking.
- The blanket should not cover a person's face or head.
- There is a minor risk for infection if the blanket is used by multiple people and not washed between uses.
- Weighted blankets should be used with caution by people with claustrophobia, or fear of confined and/or enclosed spaces.
- Weighted blankets should be used with caution in people with asthma, sleep apnea, or other disorders that inhibit respiratory function.
- Providers should consider the mobility of individuals interested in using a weighted blanket (e.g., paralysis, bone fractures), as mobility limitations could limit the person's ability to remove the blanket on his/her own.
- Weighted blankets should be used with caution in people with open wounds, fragile skin, rashes, or those with diabetes who may be prone to diabetic ulcers.
- Although unanticipated, if plastic pellets come out of the blanket, the blanket should not be used.
- Plastic pellets should not be ingested or swallowed. If swallowed, the individual should seek medical attention.
- The blanket should not be put in the microwave, as this can melt the plastic pellets.

## References

- Eron, K., Kohnert, L., Watters, A., Logan, C., Weisner-Rose, M., & Mehler, P. S. (2020). Weighted blanket use: A systematic review. *The American Journal of Occupational Therapy*, 74(2), 7402205010p7402205011-7402205010p7402205014. <https://doi.org/10.5014/ajot.2020.037358>
- Parker, E., & Koscinski, C. (2016). *The weighted blanket guide: Everything you need to know about weighted blankets and deep pressure for autism, chronic pain, and other conditions*. Jessica Kingsley Publishers.