

Fidget Quilt - Outreach Project

What is a Fidget Quilt? A small quilt made of different textured cloths and adorned with buttons, zippers or other objects to help busy the nervous hands of Alzheimer's or Dementia patients.

Tips

- These are utilitarian, not a traditional quilt
- Size between 20-24 inches square so they can be placed on a table or lap
- Flannel or fleece (non-slip fabric) for the back to help it stay in place
- Satin or silk great for the top for their smooth texture but not a good idea for the back
- Suggested material for quilt top: ribbon, mesh, cut up footballs!!! Etc. (let your imagination run)
- Adornments could include zippers, lace, ric rac, Velcro, pockets, spools, buttons, nuts, washers, crocheted lace, knitting snaps. Think outside the box.
- A six inch square is about right for an outstretched hand
- One suggestion is they should be washable in a nursing home setting, the next suggestion is the texture is what is important to the client so disregard the previous suggestion!
- Theme quilts also appeal to the caregiver as well as the client. Gardening, fishing, let yourself go wild.
- All addition items should be sewn on securely
- Knitted squares also provide a texture that could be comforting
- Fur (fun or otherwise) could be a reminder of a pet
- A clear pocket for a picture to be placed inside
- With fleece backing no batting is required, a brushed nylon without batting was shown as a sample and it was well received as it could be carried compactly.
- Quilted patterns add texture and give you experience in free motion maybe?
- Try for at least 4 textured ideas or special squares

Bottom line, try your hand at texture, experiment with everything.

How often can you colour outside the box and get credit for it. Our contact person will match them up for us so we just have to be creative.

Fidget Quilt - little notes

Have fun, and make sure everything is sewn on securely.

Use ½ inch seam as you are working with different materials and some fray more than cotton.

Cut the backing about 22 inches so you can centre and square up the front.

Step 1: Sew 16 squares together in a 4 x 4 grid. 6 inch squares work best

Step 2: Pin the 16 squares to a backing material right sides together leave 1 square unsewn so you can turn it.

Step 3: Top stitch around the edge close to give the edge some finish.

After this you can add items to make it into a fidget quilt, sometimes you can make the 6 inch square into an activity before you sew it together. Button tab, add zipper to square first, etc. Make sure you don't add something that will make it hard to sew the squares together. I sewed spools to a ribbon to a 6 inch square but then had to be careful when sewing the squares together. I also try to avoid putting real stretchy or squares that fray a lot on the outside edge.