



REPOD

Rotarians Easing Problems of Dementia

HELP US TODAY

YOU MIGHT NEED US
TOMORROW

Fidget Quilts

Disclaimer: The contents of this document are intended as guidelines for the making of safe, secure and durable 'fidget quilts' that can also become 'memory quilts' with the right choice of materials and designs.

REPOD and its representatives can in no way be held responsible for the choices of materials made by the person making such quilts, their construction nor suitability for the person for whose use they are intended.

Introduction

Because people with Alzheimer's and other forms of dementia experience an ongoing decrease in their brain's functions, simple, repetitive movements and sensory experiences become more important. That's where fidget / memory lap quilts come in. Using material with a variety of textures and extra accessories, fidget quilts provide comfort through the hands and eyes.



Further, if the intended recipient for the quilt is known, then material designs and accessories can be chosen that have relevance to that person's past career, hobbies, general interests, etc.

With ageing, the skin becomes thinner. People with dementia type problems, if given nothing else to do with their hands, are known to constantly scratch and fidget (hence the name of the quilt) with their skin leading to potential skin sores and other problems. There is, therefore, a medical benefit by giving such a quilt to a recipient, usually elderly, to occupy their hands and minds.

General construction notes

The lap quilts are usually between 25" and 30" square with a non-slip back, such as towelling or flannel. The colours should be bright. Textured fabrics such as brocade, needlecord, tweed or corduroy can be effective but care should be taken to match equal weight & type of fabrics together.

Embellishments such as pockets that can be buttoned and unbuttoned, zippers, shoe laces that can be threaded through eyelets and tied, cords with anoraks are just some of the ideas. collars and bow ties can all be the quilt owner with something to Decorative buttons or textured



sliders such as those found on Parts of old shirt fronts, sleeves, adapted as embellishments to provide occupy their hands and minds. stitching can also be added.

It is important that these additional Stitching them through all the layers thread e.g., 'button twill'. See end of embellishments used on this quilt.

embellishments are securely fastened. of the quilt to the back with strong document for details of other

Constructing the quilt

You will need -

- A selection of brightly coloured, patterned and textured fabrics and coloured thread.

- Cotton quilt wadding.

- Backing fabric.

- Bias binding.

- Selection of suitable embellishments as previously mentioned. The lace-up areas from an inexpensive pair of beach / canvas shoes can be cut and sewn to a patch. Two quilts can be embellished from one pair.

All need to be washable.

Method

Cut out 16 x 6½" squares.

Using ¼" seam allowance, sew together to make a 4 x 4 patch.

Add a 2½" border.

Sandwich the top, wadding and backing together and bind the edged with bias binding.

As quilts will need to be washed, give careful thought to the choice of embellishments to be attached. Add label to the back of finished quilt instructing that the quilt is placed inside a pillowcase for washing in order to preserve the embellishments.

Should you decide to omit the wadding layer from your quilt, then a non-slip- backing fabric will be needed. An old / redundant bath or beach towel can be cut to size and used.

Note: In order to provide a level of stability / security to each of the squares, keeping in mind they are going to be fiddled with, without the need for stitching in the ditch for each of the squares, place a double cross stitch across each corner as shown.

Thinking forward – looking back

If the quilt is designed to be both a fidget and a memory quilt, then it will become a personal "aide mémoire" which will invoke memories when it is admired and talked about.





Caution: Use only natural fabrics avoiding anything of a flammable nature and give due regard for sharp points and rough edges when selecting embellishments.