

ABOUT FIDGET QUILTS

A fidget quilt is a **small quilt that helps provide stimulation for the fidgeting hands of Alzheimer's, dementia, and autistic people**. It soothes the fidgeting by entertaining them, busying hands and fingers, stimulates their senses, and gives them something to do.

TIPS FOR MAKING FIDGET QUILTS

- Fidget quilt should be about 18" x 20" (the size of a fat quarter)
- Use different fabric colors and textures – heavy weight cotton fabric, fake fur, Minky, flannel, denim, pockets cut from worn out pants, etc. The fabrics should be sturdy enough to support the weight of embellishments and push/pull actions. Twelve 6-inch squares in a 4 x 3 layout will make about the right size.
- Embellishments - zippers, buttons, ribbons, plastic rings, small bits of crochet, buckles, yarn, hair ties, etc. - The embellishment possibilities are endless. Things that make noise such as bells or rattles are good.
- **Securely** fasten embellishments so they cannot be removed, swallowed, etc.
- The quilt should be completely washable.
- Google “dementia fidget quilt images” for embellishment and fabric ideas.

BASIC INSTRUCTIONS FOR SEWING A FIDGET QUILT

- Embellish the various fabric squares as desired. Embellishments like zippers may go across squares.
- Lay the squares on your work surface in a pleasing manner.
- Sew squares together in rows using a 1/4" or larger seam allowance. Flannel and Minky may require larger seams.
- Sew rows together.
- Place top, batting, and backing together and either "stitch in the ditch" between squares.
- Sew on additional embellishments.
- Finish with traditional binding or pillowcase/envelope finish with top stitching.

