

Fidget Quilt Project

A fidget quilt is a small quilt made with different textured fabrics and often adorned with assorted objects to help the nervous hands of an Alzheimer's or dementia patient. Patients gain a feeling of security when their hands are engaged, and their sense of touch is stimulated. They are also used for children or older adults with ADD or an autism disability.

- Quilt size is small, placemat or lap size, 14x18 or no larger than 20x24. They are to be used on a tabletop or lap.
- The quilt fabrics all need to be washable and all the items you attach need to be attached securely and washable also.
- The back of the mat should not be slippery. fleece and flannel are good fabrics to use for the back
- Items like zippers, buttons, elastic, buckles, fur, lace, rickrack, key rings, keys, beads, and Velcro will keep a patient's hands occupied.
- It's helpful to attach a length of ribbon to one side of the quilt so it can be tied to a wheelchair or table and not fall on the floor.
- Many fidget quilt ideas can be found on Pinterest or YouTube.

Enjoy making this creative project. There is no right or wrong way to do it.

Fidget quilts are donated to local agencies who will disperse them to their clients.

For more information contact Joan Merner 262-549-0748.

