

Livingston Piecemaker's Quilt Guild Fidget Blanket for Alzheimers Patients

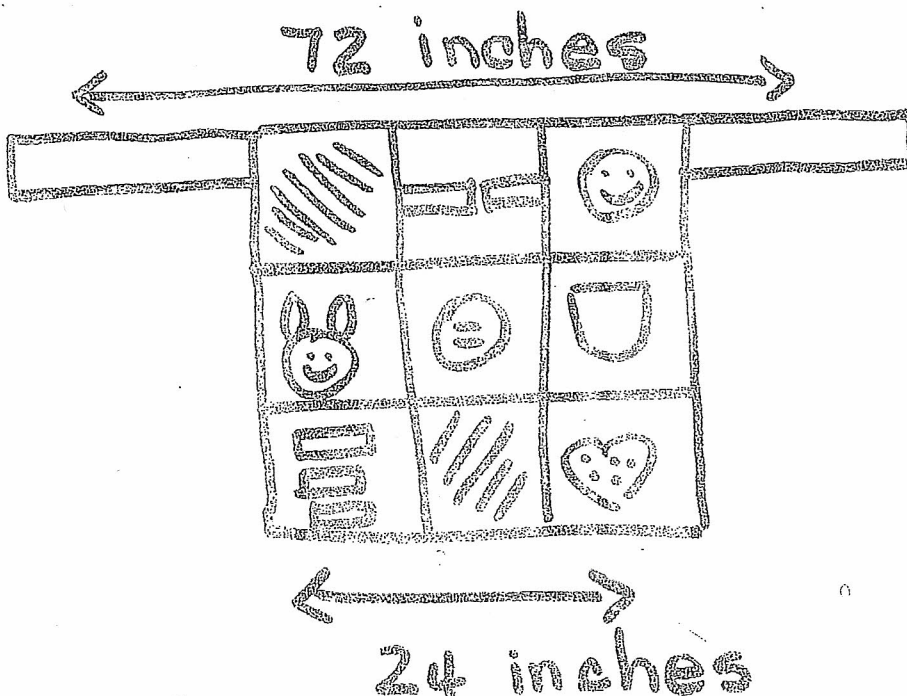
This blanket is designed for patients to have something safe to "fool with" and so should have many tactile elements, many bright colors and many activities built in. The blanket will have "ties" that will Velcro together in the back so that the blanket will stay with the patient. Research indicates that the "fidget blanket" has a calming effect on the patient.

Materials: Fabrics that are washable and elements that are stimulating and can be applied to the blanket in a way that they are as PERMANENT as possible to protect the patient from small objects coming loose from the blanket.

Directions:

Make a nine-patch quilt.

- Cut nine squares 8 ½ inches. Cut two apron strings 25 inches by 6 ½ inches wide. The fabrics for the quilt should be colorful and/or stimulating to the touch and washable. The strings should be washable cotton.
- Make two apron strings -- each three inches wide by 24 inches long finished and sew into the quilt prior to the turning process or after the binding process.
- Many elements can be sewed to the blocks before assembly. A large easy to pull zipper can be applied after the turning or binding process and be considered part of the quilting process
- Assemble as you would a small quilt either turning and topstitching or binding the quilt.
- Quilt as desired either by machine or hand quilting.
- Finish by applying elements firmly and sewing No-Snag Velcro to the ends of the apron strings.
- You may pick up the Velcro from Jean's where it is stored in the Charity Bee wardrobe.
- Any kind of batting will do.



Suggestions for elements:

- Small Stuffed Animals
- Rattles
- Pockets with handkerchiefs which can be removed and folded
- Zippers
- Large buttons /buttonholes
- Nubby fabrics
- Tucked fabric
- Minke/Corduroy
- Velvet
- Silk/Satin/Eyelash
- Small doilies