

## TIPS for the FIDGET QUILT PROJECT 2019

by Connie Passaro

The purpose of a Fidget Quilt (also know by other names, such as Comfort Blanket or Sensory Quilt) is to soothe, calm, entertain or perhaps distract Alzheimer and dementia patients who often experience anxious and confused feelings. These quilts are being made by Starlight members as our Guild's Community Project for 2019 and will be delivered to Garden Terrace at Overland Park, 7541 Switzer Road.

The suggested size of the quilt is a little more or a little less than 24" by 20". There is no exact size.

You will need the front piece (a single cut of fabric or it can be peiced), batting (or piece or two of flannel also works) or stablizer, and a backing.

Choose a backing that is not slippery so it doesn't slide off the person's lap.

Use scraps from your stash or from those donated to the project. Some will be available at guild sponsored sew days and monthly meetings.

\*Everything used in the quilt needs to be able to go through the laundry.

Using fabrics with different types of textures is encouraged. The fabrics can be pieced into the quilt or appliqued on top.

Add notions to the front of the quilt that can be "fiddled with".....buttons, zippers, Velcro, D rings, patches, yo-yo's, rick-rack. Supplies are available at guild sponsored sew days and at monthly meetings.

Be sure the add ons are well secured. Double your thread when sewing on buttons.

Remember that patients might not have their fine motor skills any longer so please avoid tiny buttons and beads, etc.

This is a great chance for you to practice new techniques, practice your free motion quilting, try applique, couching or trapunto. Try out those hardly-if-ever-used decorative stitches on your machine.

Use your imagination and have fun!