

# Fidget Quilts

Fidget quilts help calm Alzheimer's and dementia patients by keeping their busy hands occupied. The basic quilt sandwich which you cover with a variety of items—see the list below.

Top Size: 17"x 19" to 25" x 25"

Backing size: 18"x20" to 26" x 26"

Batting Size: 18"x20" to 26" x 26"

Finished Size: 16"x18" to 24" x 24"

**Quilt Top**—you can piece the top or use one piece of fabric; usually is 100% cotton. It can also include strips of fabric with varying textures (flannel, minky, polar fleece, denim, etc.) Do not be afraid to add trapunto pieces to the quilt sandwich. Cut your top layer an inch bigger than the finished size. This will allow you to add the items, quilt, and trim to fit before binding.

**Middle layer**--cotton, poly/cotton blend or polyester batting

**Quilt Backing Fabric**—one piece of fabric; either 100% cotton or having a different texture--corduroy, polar fleece, denim, twill, quilting fabrics, flannel, or minky all will work.

You can sandwich the layers together, sew the edges and turn inside out (like a pillowcase), and then add five (5) or more fidget items to the sandwich. Quilt as needed (nothing fancy) to hold the layers together. Optionally, you can quilt the layers first, then attach your fidget items to the top and finish edges with a traditional quilt binding.

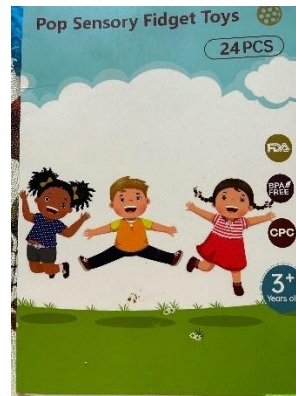
## Fidget item ideas:

- Zippers
- String or Yarn
- Beads (large plastic or wooden beads)
- Pockets (vinyl pockets with items inside such as photos of a loved one)
- Snaps
- Buttons
- Small pom poms
- Key chains with keys
- Small fidget toys
- Small stuffed animals or objects
- Lace, fringe, ribbons of assorted colors or textures, ric-rac
- Crocheted or knitted square or circle, fabric yo-yos,
- Handkerchief, men's tie, buckle, silicone wristbands, elastic hair ties
- Different squares of diverse kinds of fabrics—burlap, silk, sheer, chenille, velvet...textural variation is the goal.

- No Bells---the noise can be annoying.



sample fidget toys.



Available online at Amazon, Oriental Trading Company, Discount Mug and Walmart  
 The guild has a supply of small stuffed animals available, as well as batting and stuffing for these quilts. You can also find fidget items/toys at the local dollar stores.



For more information, contact Treese Pflum, Philanthropy Chair at [2quiltnutz@gmail.com](mailto:2quiltnutz@gmail.com) or call (760)799-3405.