

Activity Quilts

When a person has dementia they may become bewildered about their environment and sometimes become agitated. These quilts offer a focus, enabling the individual and their friends and carers to explore the blanket together. The aim is to maintain finger skills with buttons, zips, ribbons and Velcro.

You will need:

1 fat quarter (*these are squares of fabric available from shops that sell patchwork items and are usually good quality cotton fabric*)

1 fat quarter of fleece

Themed blocks 6 – 8

Themed decorations including zips, buttons, Velcro, cord, ribbons, etc.

Instructions

Attach the fat quarter to the fleece and stitch together firmly in a 2.5cm (2 inch) square grid.

Add themed blocks. These should be reversible with tabs on bottom. They should be attached along the top edge of each themed block only.

Provide a tactile panel. This can be chenille or textured fabric or washable, crinkly material between layers eg foil lined, crisp packet.

Add a block about 20cm (8 inches) square with a zip in the middle and sewn all around thus making a pocket.

Velcro can be attached to lower edge of tabs.

Add ribbons and/or cords. They can be incorporated by fixing very firmly to either the background fabric or a themed block e.g. tails on dog fabric. Loose ribbons or cords should be no longer than 12.5cm (5 inches).

Bind finished quilt with double binding and ensure all stitching is secure.

The quilt must be firmly sewn to enable frequent washing.

Finished size: approximately 56cm x 56cm (22 inches x 22 inches)