

**Dear family and friends,**

Your loved one has been given a fidget quilt—also known as a sensory or activity quilt, a small lap-sized quilt designed to help calm and engage people with Alzheimer’s, dementia, autism, or other cognitive or sensory challenges.



**Here’s what it’s used for:**

- **To calm anxiety or restlessness:** Many people with dementia feel agitated or have the urge to move their hands constantly. Fidget quilts give their hands something to do, which can be soothing.
- **To provide sensory stimulation:** They include different textures, materials, and interactive elements (like zippers, buttons, Velcro, or ribbons) that help stimulate the senses.
- **To encourage fine motor activity:** Handling small objects, pulling zippers, tying laces—all these actions help keep the hands and fingers nimble and active.
- **To offer comfort and familiarity:** The quilt itself can feel like a comforting blanket, and customizing it with familiar items placed in the pockets (*see below*) can evoke memories or a sense of security.

**There is no right or wrong way** to use the quilt or do the activities. Let them explore the quilt in their own way, at their own pace.

**The quilt is intended for use by a single individual and meant to be customized.**

**You can customize this quilt to make it even more enjoyable:**

- **This fidget quilt has a clear plastic block** where you can place family photos, ID, and contact information.
- **There are two pockets where you can place mementos:** one is the zipper pocket, the other is the pocket with a buckle. Add items such as a silk scarf, worry beads, one of their own collectibles (small and unbreakable) or other objects that they can handle.
- **If it seems overwhelming,** you can fold it in various ways to display only a few blocks at a time.

## **This quilt has 12 blocks with the following activities:**

**There is no right or wrong way** to use the quilt or do the activities. Let them explore the quilt in their own way, at their own pace.

- Photo window: personalize this by adding ID, contact and medical information, photos, or postcards that are pleasant for the recipient.
- Pocket with zipper
- Pocket with buckle

*Both pockets can store small mementos that the user can handle. Some possibilities are: worry beads, fans, keys, small unbreakable items that the user collected, fidget toys such as spinners, pop-its, etc. You can use some items for talking points, such as a seashell and say "We went to the beach one summer and collected seashells." (Please don't ask if they remember.)*

*Do NOT put candy in the pockets! #1 It's messy and can stain the quilt; #2 It might encourage them to put other things from the quilt in their mouth.*

- Fruit that is attached with Velcro.
- Flowers that can be buttoned or unbuttoned. The flowers are reversible.
- Beads and other items on elastic cord. The cord can be lifted and dropped, or the beads can be moved along the elastic. *(They fit snugly so that is the elastic breaks, they won't spill.)*
- Horizontal and vertical strips for weaving
- A girl's face *(Anime style)* with hair that can be stroked or played with. Her eyelids can also be pushed open or closed.
- A piece of fake fur. *(For stroking.)*
- Assorted ribbons and trim that can be twisted and looped through elastic loops.
- A block with flaps that can be laced or unlaced.
- A scene with finger puppets. *(To encourage talking.)*

*Wash by hand in cool water. Remove photos and other loose items before washing. Some of the items may not hold up to frequent washing. That is one of the reasons it is intended for use by a single individual.*



If you have any comments or suggestions, or would like FREE instructions and patterns for making the quilt, please visit <https://www.zebra0.com/fidget/> (That's a zero not the letter O.)