

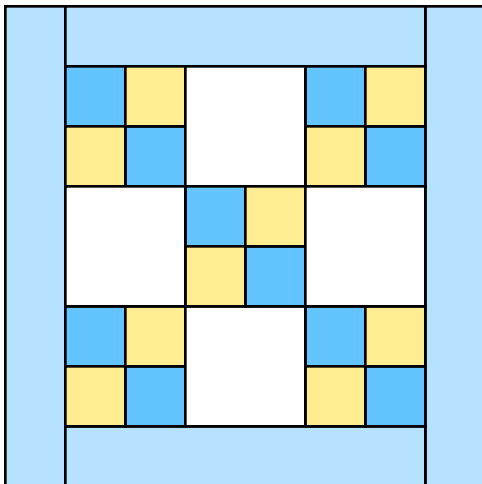
Alzheimer's Fidget Quilt

22" x 22" (Note this is a suggested pattern and size. Quilt can be any pattern and any size.)

All parts of the quilt should be of a textured fabric or contain embellishments.

Coastal Quilters Guild

Community Quilts



Fabrics and cutting needed for quilt as shown:

Any fabric, but must be washable!

Cotton, flannel, upholstery, velvet, minkee, corduroy, etc., or create your own textured fabric with pleats, lace or other embellishments. Consider: novelty, themed and conversational prints.

20 (3-1/2") squares for 4-patch units.

4 (6-1/2") squares for background of embellished units.

1/2 yard for borders.

Cut 2 (2-1/2" x 18-1/2") borders.

Cut 2 (2-1/2" x 22-1/2") borders.

3/4 yard for backing.

1/2 yard for binding.

Fabric scraps and embellishments, as needed.



Zippered pocket/jewelry



Slant pocket/tethered ring



Shoelace



Velcro strip

Sew with 1/4" seam allowances, unless working with difficult fabrics.

In such a case, cut squares larger, sew with 1/2" seams. Trim units to 6-1/2".

Assembly:

1. Sew 4 (3-1/2") squares together to make a 4-patch unit. Make 5 units.

2. Using your imagination, embellish 4 (6-1/2") squares, as desired.

Include 1 pocket block with tethered surprise, such as a soft toy, padded heart, ring, beads, jewelry, etc.

Alzheimer's patients find pockets very comforting. See pocket instructions on guild web site.

Items that really help: fringe, zipper, velcro, ribbon, lace, buttons, beads, snaps, loops, small toys.

All embellishments should be double stitched and tethered, as needed.

Please do not use safety pins or other sharp objects.

3. Arrange 4-patch units with embellished squares.

Sew into rows. Sew rows together. Add borders.

4. Layer top, batting and backing. Quilt 1/4" away from seams and on each side of the seams, or quilt as desired.

5. Bind the quilt. Add additional 3-dimensional elements, as desired to fill empty spaces. Add label.



Crocheted button fringe



Bead on a cord

See http://coastalquilters.org/community_quilts.html for more information and photos.