

## Fidget Mats for Alzheimer's Patients

Use your sewing skills to help a good cause. Fidget Mats are a comfort service project that provide sensory stimulation to Alzheimer's patients. See the other Fidget Mat handout on the SFR website for basic directions using a single piece of fabric for the top.

Here are some ideas for setting up a **group activity** to make separate pieces to join together for a full mat. Use one piece of flannel – 18 x 24 for the backing. This prevents the mat from sliding off the person's lap.

- Prairie points – cut 3 ½” squares. Fold into a triangle and then fold into a smaller triangle. Pin raw edges of prairie points onto the edge of a 10’ square. Add varying lengths of ribbon loops along the edges. Set this section aside.
- Make a four patch block using 2 different fabrics with texture and color. Cut out 2 squares of each fabric, each one 5-1/2” square. Sew them together using ¼” seam allowance.
- Cut a 10” square from the front of an old shirt with the buttons and buttonholes or snaps.
- Old jeans provide the zipper front with the button/snap. Or use the loops from the waist band, and/or the pockets from the back. Put a small toy in the pocket. Or practice applying a zipper to its own fabric block.
- Cut a 10” square of terry cloth, or use a whole washcloth – 12 x 12 usually. Cut 4 pieces of thin ribbon – 13”. String 3 or 4 buttons onto 2 of the ribbons. Pin the ribbons with buttons in place – dividing the fabric into three parts. The ribbons with the buttons will be sewn onto the edges of the block only. Spread out the buttons. The intersecting ribbons will be zigzagged onto the block for the full length of the ribbon. This allows the buttons to be moved up and down on the ribbons.

Once you have completed 4 or so blocks, sew them together, using a 1/2 inch seam allowance. Place top and bottom of right sides together. Sew around the edges, leaving a 3” opening to turn right sides out. Turn right sides out, then top stitch around the whole mat and close the opening. Voila! One fidget mat completed.

California 4-H State Fashion Revue 2019 service project  
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