

## Making Fidget Blankets for Seniors in NRGH Emergency

- \* no batting needed
- \* flannel or fleece is best for the back to give it some structure but ordinary fabric will do in a pinch.
- \* size should be 20 to 24 inches square. A 22 inch square is the most common size which comes from 6 inch squares, 4 across and 4 down.
- \* one strap that is 36 inches, sewn to either the left or right side of the quilt with a piece of velcro at either end. This will attach to the bed rail without impeding patient care. I find that grosgrain ribbon works well.
- \* any items used must be securely fastened with no sharp points or edges.
- \* examples of items that can be used are - lace, buttons, ribbons, tassels, old ties, beads, zippers with bigger pulls, fabric with different textures like flannel, satin, corduroy, etc.
- \* straight black or white fabric and wild patterns can be disorientating for some patients.
- \* bright colours are recommended.
- \* fabric that relates to familiar things such as pets, food, animals, scenery, sports and other activities can be comforting to senior patients.

Textures and things to play with is the goal to help distract patients while in the hospital. These blankets will go home with the patient due to sanitary concerns thus the continued need for these sensory quilts.

Thank you so much for your support. The hospital is very appreciative of your efforts!

Nancy Lutes