

## What Is a Fidget Quilt?

Fidget quilts are essentially a quilt (or blanket) that has several different moveable accessories that someone can enjoy.

For example, a fidget blanket for Alzheimer's will have zippers, buttons, velcroid toys that they can move, snaps, ribbons, different types of fabrics, and other notions.

## What Size Should a Fidget Quilt Be?

A fidget blanket only needs to be a small "mini" quilt. There is no right or wrong size, but it would be most helpful if it could fit on someone's lap. You can also add two straps to either side of the blanket to make an apron that the recipient can tie around their waist and carry.

## What Is the Purpose of a Fidget Blanket?

Fidget blankets have several different purposes, such as entertainment to pass the time. You can also use them to engage the patient's mind and help them focus on the present moment.

These powerful tools can also help someone calm down if they are upset and have trouble remembering something specific.

## How Do You Make a Fidget Quilt?

There are endless possibilities for fidget quilts for seniors and what they may like. To create a fidget blanket, always remember the different accessories will be more critical than an intricate quilt design or fancy piecework.

Here are a few simple steps to create a fun fidget quilt.

1. **Choose the foundation.** Take a fat quarter (18"x21" rectangle), preferably the recipient's favorite color, and press it flat. This step is going to be the foundation of the fidget quilt.
2. **Sew on all accessories.** Don't completely cover the fat quarter in items. You don't want the design to be overly chaotic. Try to use six different types of fidget tools for a good variety.
3. **Create a quilt sandwich.** Use the fat quarter with all the fidget tools as the quilt top, choose a soft thick batting, and then use either quilting cotton or a soft Minky/fleece for the backing.
4. **Do simple quilting.** You can either do a few straight line quilting lines or use yarn and tie the quilt layers together to add another layer of texture.
5. **Bind the quilt.** This step you will do like any other quilt binding.
6. **Gift the fidget quilt.** This gift will mean the world to whoever you give it to, and someone will enjoy it every day.

## 9 Beautiful Fidget Quilt Ideas to Inspire You

This compilation of fidget quilt pattern ideas will give you an idea of what to use when making a fidget blanket for that special someone. These projects are a labor of love and can make a difference for those who receive them.





## 5. [Fidget Quilt for a Gentleman](#)



Here we have a classy gentleman's fidget blanket. This blanket utilizes an old-fashioned key, several buttons, and different ribbons for interest. This is a beautiful fidget quilt that will be well-loved.

To make a fidget blanket, you need to:

1. Cut several squares measuring 6.5 by 6.5 inches each.
2. Embellish the squares as desired.
3. Sew the squares in rows with  $\frac{1}{4}$  inch seam allowance.
4. Add the batting, top, and back layers.
5. Bind the edges or use the envelope technique to finish the quilt.

Alternatively, you can make a fidget quilt by making a template of any size, cutting 3 squares of the same color of fabric, and repeating two more times with each fabric color. Most completed fidget quilts are usually 17" by 21", but you can make yours at any size.