

About Alzheimer's & the Quilts

Alzheimer disease is a chronic neurodegenerative disease that usually affects people in their later years. The disease causes people to have difficulty remembering events, and over time leads to problems with language, and behavior.

Alzheimer's is not curable, however there are ways in which everyday people can help the patients who have this disease.

Making a Sensory Stimulation Quilt is one way that any person can help a patient in need. These quilts often help comfort, soothe, and stimulate the senses of a person with Alzheimer's in the later stages.

Sensory Stimulation Quilt Example



Embellishments are an important part of the quilt.

Donating the Quilts

The Sensory Stimulation quilts can be donated to the Alzheimer's Association, your local senior care center and caregivers, hospitals, or any person you know who has Alzheimer's disease.



More Information & Resources

-A video that shows the steps in making an Alzheimer quilt can be found at:

<http://youtu.be/u6R2Hl6PtIg>

-Alzheimer's Association website:
www.alz.org

800.272.3900



-Senior Concerns
(Thousand Oaks, CA):

www.seniorconcerns.org

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Alzheimer's Sensory Stimulation Quilts

A guide about, and to make, sensory stimulation quilts for Alzheimer's patients



Materials Needed

-36, 6x6 inch squares of fabric, various colors and textures

-36x36 inch piece of fleece, or 37x37 woven fabric such as flannel, to use as the quilt backing

-A sewing machine and basic sewing supplies, (thread, scissors, pins.)

-Embellishments, such as buttons, ribbons, lace, zippers, and charms

Directions

1) Select various fabrics and prewash.

Then cut 36, 6 inch squares. Fabrics to use include: velvet, corduroy, fake fur, sparkle fabrics, wool, chenille, polyester, fleece, cotton, satin, and flannel. All fabrics should be washable. Stretchy or slippery fabric can be interfaced.



2) Lay your 36 squares in a 6x6 pattern, with six rows across, six down. Try to put different colors and textures next to each other.

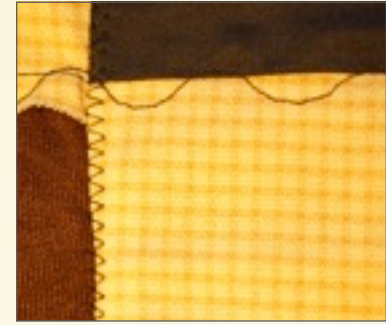
How to make the quilts

Quilt Layout 6x6

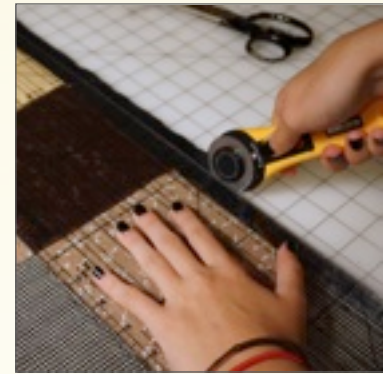


- 3) Sew the squares, then rows together to create a square quilt top. Use a 1/4 inch seam allowance when sewing the squares. The quilt top should end up being about 33x33 inches when it is sewn together. Some fabrics can be slippery, so you may need to pin squares together before sewing.
- 4) Take your completed quilt top and place it on the center of your 36x36 inch fleece backing. Make sure both layers are smoothed down and then pin the two layers together. You should have approximately 1-2 inch of fleece around the edges of the entire quilt top.
- 5) With the backing now pinned to the quilt top, sew an "S" shaped stitch along all seam lines, (vertically and horizontally). Use a wide zigzag stitch if your machine does not have an "S" stitch.

"S" and zigzag stitch



- 6) Once you have sewn all the seams, trim the excess fleece or flannel backing around the edges of all four sides to 5/8".



- 7) Fold the excess fleece (or flannel) over the edges of the quilt top, and sew down using a zigzag stitch.



- 8) Lastly, securely sew on embellishments.