



Novelty fabrics/panels or applique; useful, to stimulate memories; think Passions, Occupations, favourite People, Places (POPP)

Textured fabrics such as corduroy of varying size, velvets, silks, fake furs, fleece, towelling etc are useful.

Twin-needling and pleats also work well, adding net curtains provides interest and texture

Fleece, corduroy or woollen fabric is good for the backs – cosy and prevents slipping

Some suggestions for fiddly bits; Big Ric rac, lace, Velcro flaps, crochet /knitted squares, key rings with/without keys, pockets, Suffolk puffs, Prairie Points, size/washing instruction labels from clothing, elastic, small drawstring bags, pipe cleaners, ribbon, French knitting, hair scrunchies, clothes pegs, or shortened toothbrushes with hole drilled to secure with ribbon, gloves etc.

Jeans pockets and belt holders are securely sewn and apparently jeans are often donated to charity shops so are easy to find. Charity shops are also a good source of textured fabrics and “fiddly bits”

Objects hidden in a firmly stitched bag are really good for fidgeting with and also rattle, or make noise.

Attach a soft toy by a ribbon then fit it into a pocket. (They can be hidden and provide a game to play with visitors). Also some people like putting the toy 'to bed'.

Shoelaces that can be tied into a bow (threaded on “D” rings is one method) and buttons that undo give practice for maintaining independence. Also Zips; adding ribbon or similar to the pull makes them easier to use. Also folding/rolling the quilt and adding a fastener – ribbon, button to secure it.

### **Making FQs – some “be cautious” tips if you don’t know the recipient**

Some people with dementia see black and white as nothingness, a will attempt to pick up images in a fabric eg like bubbles

Items that could be a potential risk either need to be avoided (especially if you don’t know the recipient) or easily replaceable if they become a problem. Attached anything that could be pulled off very securely with strong unbreakable thread (gutermann polyester topstitch thread, tent or sail thread is good)

Buttons can be swallowed – people sometimes think they are sweets. Very small buttons are hard to manipulate if the idea is to undo something.

Paintbrush hairs or similar not good for people being peg fed<sup>2</sup>

Bells, and springs can be prised open

Cushions or aprons can be less successful. The wearing of aprons can represent meal times so it's confusing and men tend not to like wearing aprons.

Cushions are impractical, harder to wash - covers have to be removed etc, and they take up more space and storage room. Also, people with dementia see a cushion as something to sit on, or use as back support, so this too is confusing.

*These quilts will need to be washed many times so all fabrics and attachments have to withstand a 40 degree washing cycle (or have detachable bits)*

---

<sup>2</sup> Feeding tube placed directly into the stomach