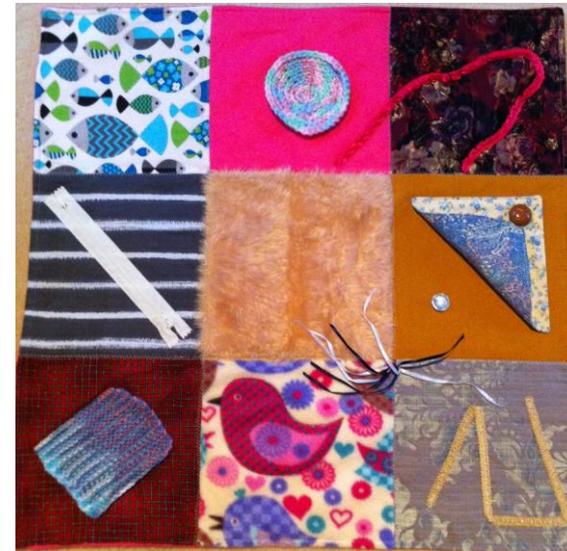




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Touch Quilts - Sensory Quilts Fidget Quilts



Some notes on how to make a Touch Quilt

Touch quilts are nine patch knee quilts 24"x24" made with a variety of coloured and textured fabrics.

The Quilts have extra things sewn on e.g. zippers, ribbons, buttons, to occupy someone with dementia or Alzheimers.

Safety is a key so don't use sharp objects, i.e. no metal zips!

All materials need to withstand the washing machine and dryer on hot and everything needs to be sewn on very robustly!

Brighter and colourful fabrics are better. Furnishing fabrics with texture, faux fur are great.

How to make a Touch quilt

- 9 x 8½” squares to make a 9-patch knee quilt. You may want ½” seams as some fabrics move when you are sewing. Sew 9- patches together and top stitch seams so thick fabric sits flat. It’s often not possible to press seams open.
- Batting is optional but needs to be light so it’s not too thick for frequent washing and drying.
- For backing – use any fabric that will stick to the knees e.g. polar fleece, brushed cotton, i.e. not slippery fabric.
- When you are ready to sew the front and backing together – “Bag” front and back – right sides together leaving 6” opening to turn quilt in the right way.
- Or you can bind the *Touch Quilt* using any available fabric- in this case you won’t bag the quilt but have wrong sides together with 1/4” or ½” seam all around. Then bind the *Touch Quilt* (see utube for instructions)
- Stitch through all layers near all seam lines to hold everything firm.
- Add zippers, ribbons, buttons and button holes, men’s ties, lace, laces (not too long) soft string or wool to twiddle, pockets. Leave some patches free of attachments as the fabric itself has an interesting texture. Some appliqué designs are suitable if sewn firmly. They will have to withstand the washing machine.



*Clare has made many of these **Touch Quilts** along with
Members of Kapiti Coast Quilters Guild.
Feel free to get in touch with Clare for ideas
or encouragement to make your own **Touch Quilts***

Touch Quilt – Made with love

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