meridian library district

Craft to Give Back: Fidget Quilts

The library is looking for sewing volunteers to make fidget quilts for senior living communities in Meridian. These lap-sized blankets provide tactile stimulation and calming activities for people experiencing challenges with cognitive change or dementia. Quilt supplies are made possible by Project Neighborly.

Volunteer Impact

Your handmade fidget quilt will provide fellow citizens with an enriching experience that meets critical service needs at partnering senior communities. Over 30 residents have already requested quilts made by a volunteer.

We have supplies to get you started!
Sign up at
mld.org/fidgetquilts

Supply kits include instructions to make a 13" x 18" base and fidget accessories to attach to your quilt.

You supply your time and creativity!

volunteer@mld.org

How to Make Fidget Quilts

Fidget quilts, or busy quilts, keep the fingers engaged as they work with buttons, snaps, zippers, ribbons, laces, buckles, or Velcro. These safe and familiar activities positively redirect a person's attention to comforting tasks.

Build a lap-sized base (13" x 18") from spare sewing scraps or the scrappy placemat provided by the library. Then, attach fidget accessories to provide motor, tactile, or sensory experiences:

- Textures like satin, velvet, denim, or cotton.

- Buttons to recreate the experience of buttoning a shirt or jacket.

- Ribbons or strings to make shoe laces, knots, or bows.

- Plastic buckles or keyrings attached to zippers to strengthen the hand muscles.

- Beads or charms for recalling favorite jewelry or hobbies.

Volunteer Information

We appreciate your time, skill, and creativity. Help us thank you by filling in your details below. This will help with grant reporting and understanding community impacts. We will be sure to share positive stories from quilt recipients. Thank you for returning your completed quilt to the library by October 2022. . Contact volunteer@mld.org.

Name: _____ Phone Number: _____

Email: _____ Volunteer hours: _____