

The Power of Touch



Alzheimer's patients can benefit from the "Power of Touch". Patients have been observing stroking their lap robes, which seems to relieve anxiety and give some comfort to their disoriented mind.

Consider making one from a variety of fabrics: fleece, fun fur, seersucker, wool, corduroy, flannel, velvet, silk (stabilize first), or any other fabric that "feels good".

Directions: Cut 36 6" squares in an assortment of fabrics, preferably all different and an variety of bright colors. Fabrics should be washable and durable, so it is better to pre-wash. These quilts will be handled on a daily basis and must be sturdily constructed.

Join the squares in six rows of six squares, mixing them as desired. Sew rows together. Layer with a lining and batting. Quilt the squares in-the-ditch, using a zigzag, decorative or straight stitch. Bind the edges to finish.

Alternatively, layer the quilt and backing **right sides together**, on top of a layer of batting. Stitch around the outside using 1/2" seam, leaving about a 12" opening for turning. Turn right side out, stitch the opening closed; quilt as above.

Be sure to check with your local nursing home and/or Alzheimer's care center for their special needs.