

How to Make a Calming Lap Quilt



Individuals with dementia/Alzheimer's disease love to feel texture with their hands as they move their hands horizontally from side to side. A calming lap quilt is very soothing to them.

Materials needed:

- SOLID color fabrics. For the quilt you need 12 fabric rectangles cut 6" x 10". For the backing you need one larger piece of fabric 24" x 30."
- Fabric suggestions include but are not limited to: corduroy, chenille, noahide/leather, tweed, flannel, fleece, lace, fur type material, terry cloth, velour, tricot, satin, velvet, suede, etc. Anything with a "feel" to it is great!
- Yarn needle, small amount of yarn to tack quilt front to quilt back (optional).
- Sewing machine, thread, measuring tape, scissors.

Directions:

1. Lay out the blocks you have chosen into the pattern you wish to see them in the finished quilt.
2. Stitch blocks together in row 1 taking a 3/8" seam, attaching one block to the next at a time. Repeat for the remaining two rows. Then stitch row 1 to row 2, and row 2 to row 3. Be sure to match corners as best as possible.
3. Now lay your completed top down on a piece of fabric that you have chosen for the backing, right sides together. Pin. There will be overlap on the backing and you can trim this off. Stitch quilt top to quilt back, leaving about 10" open so that you can turn it right side out.
4. Turn right side out and fold in raw edges of opening. Top stitch around entire quilt 3/8" to 1/2" from edge. Make sure you catch raw edges from where you turned quilt.
5. Tack quilt with yarn in four places to hold the front to the back. Or, you can stitch in the ditch between each row from top to bottom to hold it together.