

# Touch Quilt Project

Quilter Information Package

**Alzheimer** *Society*

WATERLOO WELLINGTON

# Welcome to the Touch Quilt Project.

By creating a **Touch Quilt**, you are joining a network of caring people who volunteer to support those affected by Alzheimer's disease and other dementias in our community. Your support of this project is greatly appreciated.

## ABOUT TOUCH QUILTS

When people are facing the later stages of Alzheimer's disease and related dementia, the changes in their brain cause them to be more withdrawn and isolated. This can be a lonely and scary experience for a person. They are often confused and disoriented; it is natural that many seek out a comfort item to provide them a sense of safety and security. Many people want to hold something close to them such as slippers, socks, clothes and **Touch Quilts!**



Our goal is to give a **Touch Quilt** to everyone who wants one within our area - free of charge.

We continue to make donations and to ensure that all long term care facilities have quilts to give every new resident when he or she arrives and to provide quilts to those who would benefit from them who are in retirement homes or still living at home.

# Touch Quilts

**Touch Quilts** are made up of fabrics with different textures (satin, corduroy, flannel, polar fleece etc.). The purpose of this is to provide sensory stimulation through the different textures, as well as feeling the warmth of the blanket and enjoying the beauty of the quilt.



For people with dementia, **Touch Quilts** and touching and rubbing fabrics that have different textures have a number of effects, including but not limited to:

- Reducing stress and anxiety
- Giving a sense of comfort and security
- Being a conversation item and helping individuals with dementia connect with other people
- Providing an opportunity to reminisce

# Getting Started and Choosing Appropriate Fabrics

The Alzheimer Society will provide, free of charge, a 'Touch Quilt Kit' that contains 36 or 25 precut squares for you to use to make your quilt. Kits can be picked up at all Alzheimer Society offices. However, if you wish to provide your own fabric, please keep in mind that **Touch Quilts** should have a variety of textures and fabrics.



Remember, when putting your quilt together that the 'touch' of the quilt is more important than the 'look'. It is also important to keep in mind that this will be a special gift – so when choosing fabrics, please ensure that they are in good condition, clean, and odor free. For safety reason, avoid attaching buttons or removable parts and ensure that your chosen fabrics are durable and washable and will withstand commercial washing machines that are typically used in care facilities.

## Completed Touch Quilts

Completed quilts can be brought to any Alzheimer Society Office at the addresses listed on the front. If you have made quilts with a group or organization, we would be happy to come and pick up quilts if you call to arrange a time and location. Before you hand in your quilt, please complete the donor slip that is on the last page of this booklet.



In the **Touch Quilt** kits you will also be provided with a label that is to be sewn onto a back corner of the quilt that identifies that the quilt was donated by the Alzheimer's Society. It is very helpful if **ALL** quilts have a label sewn on the back of them. Please contact us and we will mail or deliver labels to you to be sewn on if you are not using our kits. We appreciate all donations, but we reserve the right to donate your quilt to other organizations who request quilts from time to time.

## Distribution of Quilts

The Alzheimer Society will continue to donate completed quilts to long term care facilities throughout the Waterloo Wellington area, to residents of retirement homes, to those involved in support groups and living at home and to those who would benefit from having a **Touch Quilt**. It is due to wonderful volunteers like yourself that we have donated more than 5000 quilts since the project started!

## Ways You Can Help

If you have any of the following materials, please consider donating them to help the **Touch Quilt Project** move forward:

- fabric of various textures - preferably washed and cut into 6 inch squares prior to donating
- large zip lock bags to hold the **Touch Quilt** Kits
- monetary donations to help keep our project afloat

**Spread the word about Touch Quilts to friends and family! Your support is appreciated!**

We are available to come and speak to your group to talk about **Touch Quilts**. If you would like more information. Please contact Marj or Barb at 519 - 742-1422 or [touchquilt@alzheimerww.ca](mailto:touchquilt@alzheimerww.ca)

**Thanks so much for your support!**

## **BASIC TOUCH QUILT INSTRUCTIONS**

There are many ways to make a **Touch Quilt** and you are welcome to make your quilt using an alternative method. The important thing to remember is that the quilt should be made with fabrics that could withstand the commercial washing and drying machines typical of most long-term care facilities. Kits of precut squares are available at all three Alzheimer Society Waterloo Wellington office locations listed on the front of this package.

If you are making a quilt for a family member, you might consider personalizing it by using fabrics with patterns that reflect a hobby or career. Squares can even be cut from the person's old clothing. Just keep safety in mind, meaning no buttons or anything else that could be removed and swallowed.

## Supplies:

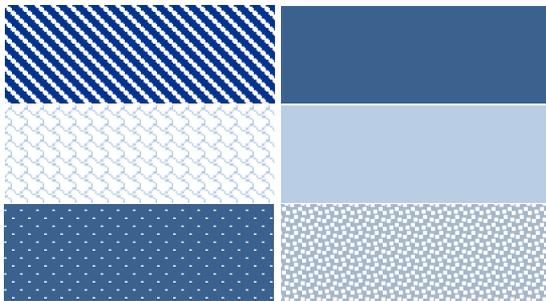
**Fabric:** various textures that have been prewashed, such as cotton, plar fleece, fun fur, satin, corduroy, denim, flannel, etc.

**Backing:** approximately one square yard of non-slippery fabric, prewashed

**Batting:** optional because the textures of the quilt give it body

## Construction of the Quilt Top:

Cut out 36 six-inch squares from your chosen variety of fabrics. You can lay the squares out to see how you would like them to go together in a pattern, or just randomly pick sqaures to give a more "crazy quilt" look. You can vary the size, number or shape of your pieces to create more creative quilts.



## Finishing:

Place the right sides of the top and backing together. If you are using batting, the backing is sandwiched between the top and the batting. Sew layers together around the perimeter, leaving part of one side open. Turn quilt right side out through the opening and then stitch the opening closed.

Or, put the wrong sides of your quilt top and backing together. (If using batting, sandwich it in between). Baste or pin the layers together. Stitch. Bind the edges of the quilt with strips of fabric.

Your **Touch Quilt** can then be *machine quilted* or *tied* by hand.

**PLEASE SEW ON THE LABEL** (that is paper clipped to these instructions if you have our kit). Put it on the back in a corner. If you need labels, please contact one of the offices for them. Also, please fill out one donor page for each donation (not each quilt!) and attach to a quilt.

## **Alzheimer's disease facts**

Alzheimer's disease is the leading form of dementia. It is progressive and eventually, fatal. Today, 747,000 Canadians are living with some form of dementia, with over 10,000 living in the Waterloo Wellington region. This number will nearly double to 1.4 million in less than 20 years. For every person diagnosed, there are many who are directly affected as caregivers.

Common warning signs of Alzheimer's disease include memory loss, impaired judgment, thinking or reasoning and changes in personality and behaviour that are out of character. In addition to age, other risks factors include cardiovascular disease, diabetes, high blood pressure and smoking.

## **About the Alzheimer Society and the Alzheimer Society Waterloo Wellington**

The Alzheimer Society is the leading nationwide health charity for people living with Alzheimer's disease and other dementias, with local societies active in communities across Canada. The Alzheimer Society Waterloo Wellington works to improve the quality of life for those living with dementia, their care partners, and the general public by providing support, education, and resources in the Waterloo Wellington community.

# Alzheimer Society

WATERLOO WELLINGTON

**Our three offices are here to serve you:**

## **Cambridge**

1145 Concession Rd. N3L 4H6 **P:** 519-650-1628

## **Guelph**

207-255 Woodlawn Rd. W N1H 8J1

**P:** 519-836-7672

## **Kitchener**

831 Frederick St. N2B 2B4 **P:** 519-742-1422

**F:** 519-742-1862

[www.alzheimerww.ca](http://www.alzheimerww.ca)

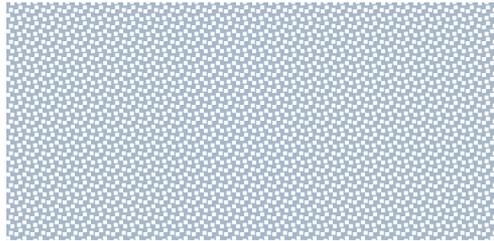
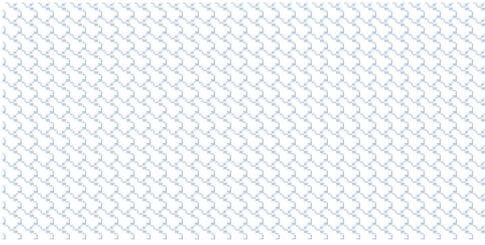
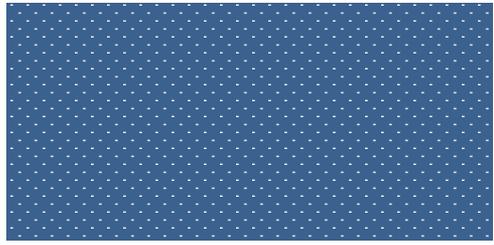
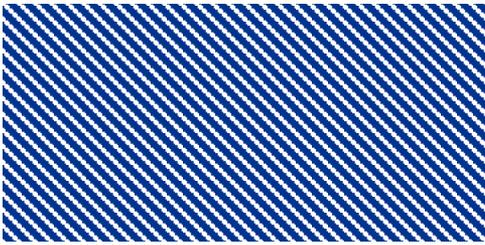
[asww@alzheimerww.ca](mailto:asww@alzheimerww.ca)

## **Contact Us Today For Support**

We work to improve the quality of life for those living with dementia, their care partners, and the general public by providing support, education, and resources.



Help for Today. *Hope for Tomorrow...*<sup>®</sup>



# Alzheimer *Society*

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