

**Fidget Blanket FAQ**

**What is a Fidget Blanket?**

A Fidget Blanket is a lap-size blanket that provides sensory and tactile stimulation. Blankets are equipped with “fidget” objects such as buttons, ribbons, zippers, rings, buckles, shoelaces, and pockets for the user to touch and play with. Fidget blankets are ideal for those with restless hands, including people with Alzheimer’s disease or another form of dementia.

**What will happen to these Fidget Blankets?**

In 2019, the Sacramento Public Library introduced the Brain Health Initiative, which focused on sharing information and resources related to Alzheimer’s disease and brain health. Fidget Blanket Workshops were included as part of the Brain Health Initiative for dementia caregivers to create Fidget Blankets for their loved ones. The Fidget Blankets that are created by volunteers will be donated to local memory care facilities.

**Included supplies:**

* Pre-cut felt (for bottom of blanket)
* Pre-cut fabric (for top of blanket)
* Batting
* Scrap fabric
* Variety of fidget items, which may include:
  + Shoelaces
  + Buckles
  + Zippers
  + Rings
  + Ribbon
  + Velcro
* Note: Sewing machine, thread, needles, and bobbins are NOT included. Volunteer must have these items readily available.

**Tips:**

* Make sure objects are attached to the blanket securely, as some users may attempt to pull the object off.
* Leave space between each fidget object—Typically, 6-8 objects will suffice.
* Many people with dementia experience depth perception—Please refrain from combining lots of patterns.
* Refer to the example images for ideas of how to display and attach your fidget object. It is up to you how you would like to arrange everything—Be creative!

If you have any questions, please contact Katie Ball at kball@saclibrary.org.

*Thank you for lending your time and talents to create a Fidget Blanket!*