

Fidget and sensory blankets,  
sleeves, aprons, pillows etc.

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# Sensory stimulation activities for seniors with dementia

Fidgets can reduce stress, and help with

- generalized anxiety disorder,
- dementia,
- self-regulation,
- OCD,
- ADD/ADHD,
- Autism,
- and more.



# Tips for making fidget quilts

- Fidget quilt should be lap size
- Use different fabric colors and textures - cotton fabric, fake fur, Minky, flannel, denim, etc.
- Embellishments - zippers, buttons, ribbon, plastic rings, small bits of crochet, buckles, etc - the embellishment possibilities are endless
- Securely fasten embellishments
- It should be completely washable



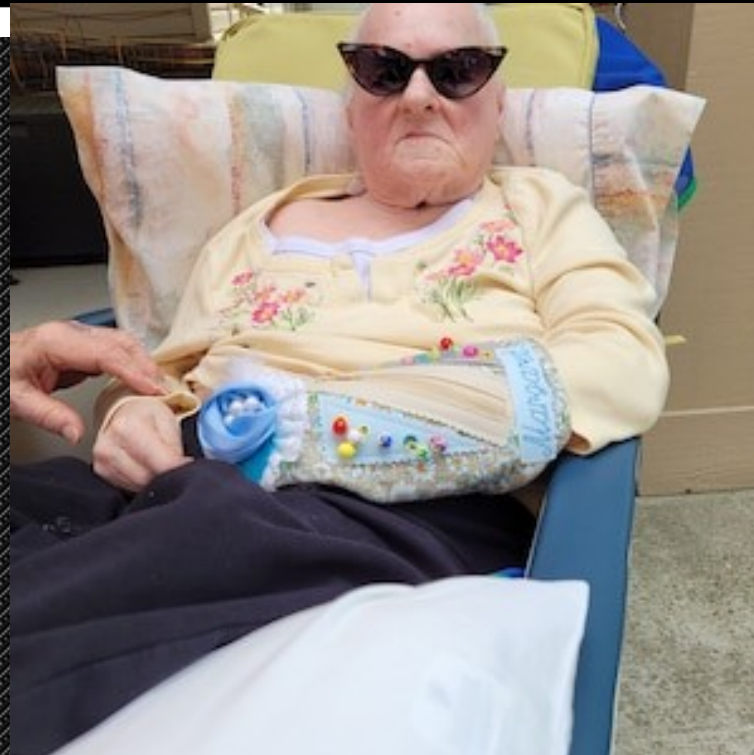
# Blankets



# Small blankets



# Sleeves (fabric)



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# Sleeves (knitted)



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# Short knitted sleeves or muffs?



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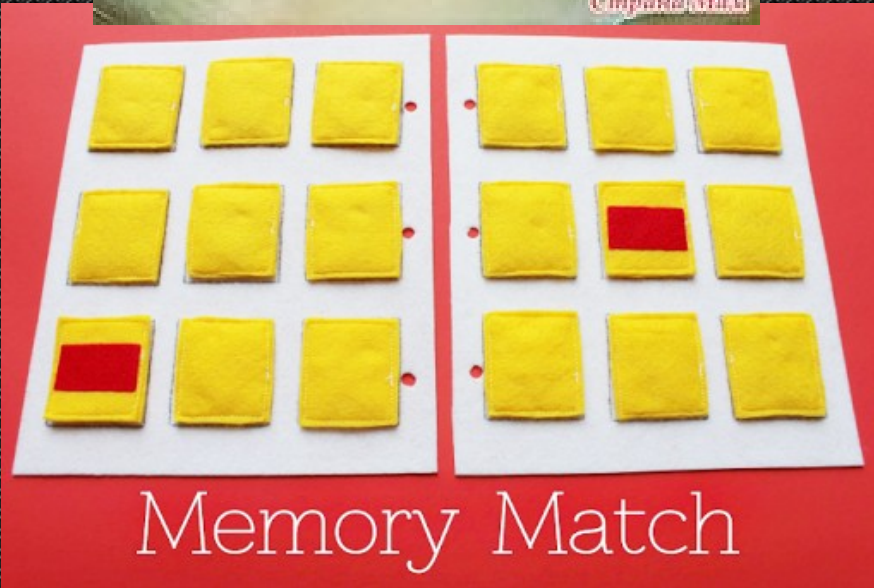
# Aprons



# Pillows



# Other ideas



Thank you for your attention.



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