

# Fidget Blankets

## How to support people with dementia by making tactile blankets

Fidget blankets are lap sized pieces of fabric, wool or crochet with interesting tactile bits and bobs (e.g. buttons, ribbon, beads) attached for people who are agitated or anxious to twiddle in their hands. They are designed to trigger memories, stimulate senses, and the brain whilst keeping 'restless hands' busy.

We have found that the blankets can help to decrease agitation and anxiety levels and is part of The Dementia Team's ongoing projects to promote wellbeing and dementia



We would be delighted if anyone can volunteer to help make some Fidget blankets (Staff, patients, visitors, local community) for our patients – particularly as they are person specific, so the recipient will be able to take them home from hospital.

If you cannot knit, sew or crochet but would like to contribute to the project all donations, of odd bits or full balls of wool, buttons, beads, ribbons, zips, small squashy things or anything tactile would be gratefully received!

Please contact us on [Dementia@asph.nhs.uk](mailto:Dementia@asph.nhs.uk) if you need any information.  
Thankyou for your support!

Or send your completed Fidget blankets to us via:  
**Fidget Blankets, Dementia Team, Level 4 Duchess of Kent Wing, St Peters Hospital,  
Guildford Road, Chertsey, Surrey, KT16 0PQ**

Contact us about 'Twiddlemuffs' at [Dementia@asph.nhs.uk](mailto:Dementia@asph.nhs.uk)

# Fidget Blankets

## Do's....

- Make approx large enough to go across lap (less than 30 inches both ways)
- Ensure all attachments are secure and cannot come loose
- Bright and contrasting colours can be easier to see, but cooler pastel colours can be calming
- Use different textures
- Do create some without buttons (not suitable for everyone)
- Pretty much anything goes as long as it's firmly attached - be creative!



## Don'ts....

- Do not add anything sharp or use safety pins



## Add on ideas.....

Ribbon, tags, mesh sewed securely, lace, decorative trims, pockets (zip or poppers), buttons, dress collar

Nuts attached to sewn on shoe lace, parts of a tie, shoelace with eyelets, belt buckle, keychain, trouser pockets, almost anything goes!



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