



# Alzheimer *Society*

WATERLOO WELLINGTON

## Touch Quilt Project

Quilter Information Package

Launched in 2007, the Alzheimer's Society of Waterloo Wellington's *Touch Quilt Project* had a goal of donating 200 quilts to residents in long term health care facilities throughout Kitchener-Waterloo.

To date we have distributed over 10,000 quilts.

Our *Touch Quilt Project's* great success can be traced directly to its volunteers: every quilt is created, transported, and delivered by one of our volunteers. For 17 years one of its founding members, Barb Smith, has been organizing the collection, creation, and delivery of fabric, kits, and final product.

"Every quilt comes with some love from the volunteer. The time and patience in creating these beautiful quilts can be felt from the recipients." said Barb. "We're thrilled to be able to provide these quilts free of charge to our community members living with dementia."



# What are Touch Quilts?

When people are facing the later stages of Alzheimer's disease and other related dementias, the changes in their brain cause them to become more withdrawn and isolated. This can be a lonely and scary experience for a person. They are often confused and disoriented. Many seek out an item that comforts them and provides a sense of safety and security. Touch Quilts can help offer that.

Touch Quilts are made up of fabrics with different textures, such as satin, corduroy, flannel, fleece, etc. These textures provide sensory stimulation as well as providing the warmth of the blanket and visual beauty.

Other benefits include:

- Reducing stress and anxiety
- A sense of comfort and security
- Being a conversation item and helping people living with dementia connect with others
- Providing an opportunity to reminisce



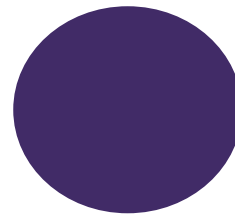
# How Can You Help?

If you are a sewer, you can  
**HELP MAKE QUILTS!**

The material to make tops is provided by the Alzheimer's Society of Waterloo Wellington free of charge. We provide Touch Quilt Kits that contain 36 six-inch precut fabric squares. Or you can use your own prewashed fabrics. Your final Touch Quilt should be sized so that it fits on a person's lap, approximately 30 inches x 30 inches. It's the feel of the quilt that matters, more than the look of it. So be creative! The quilts need to be securely sewn with half-inch seams. Each kit comes with complete instructions.

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You may turn your Touch Quilt into a Fidget Quilt by securely attaching safe embellishments such as zippers, ribbon, lace, elastic, large buttons, Velcro, etc.



# Other ways you can help...

- Donate fabric!
  - If you have remnants of fabric, or fabrics you're not using please wash it and donate it! You can cut it into 6 inch squares, or donate it as is and we'll take care of that
- Monetary donations help keep our project afloat
- Talk to your friends, family, or church about helping or arranging a quilting get-together
- For knitters, and crocheters, we have patterns for making bears and twiddle muffs



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## **FOR MORE INFORMATION & TO GET TOUCH QUILT KITS**

Call the Alzheimer Society of Waterloo Wellington at:  
519-742-1422

Stop by our office at:  
831 Frederick Street  
Kitchener, ON N2B 2B4

Or email Tom Connelly, Event & Volunteer Coordinator at:  
[Thomas@alzheimerww.ca](mailto:Thomas@alzheimerww.ca)

