

How to Make a Fidget Mat

Fidget mats measure 12" x 18" (this can vary based on your preferences.)

Fleece or other soft materials are popular materials to use as the top layer and can be sewed onto a sturdy but flexible backing such as a table placemat.

- Brainstorm a theme for your fidget mat and gather the materials you will be using.
- Securely attach items to one side of the fidget mat using thread. Glue is not recommended so the fidget mat can be washed.
- Attach the completed soft side to the sturdy backing and test each item for functionality and durability.



www.alzheimersfamily.org



Girl Scouts Gold Award

West Central Florida

4610 Eisenhower Blvd. South

Tampa, Florida 33634



Girl Scouts West
Central Florida

**Alzheimer's
Fidget Mats**

Alzheimer's
Purple Project



Dementia and Alzheimer's

Alzheimer's disease and Dementia are both terminal diseases that affect the brain and are commonly mistaken for one another. There are many distinct differences between these two diseases.

Dementia can be termed as 120 forms. These forms often vary in the seriousness of the disease. The symptoms for Dementia can include confusion, memory loss, mood changes, loss of rational thinking skills and good judgement, getting lost, appetite changes and hygiene changes.

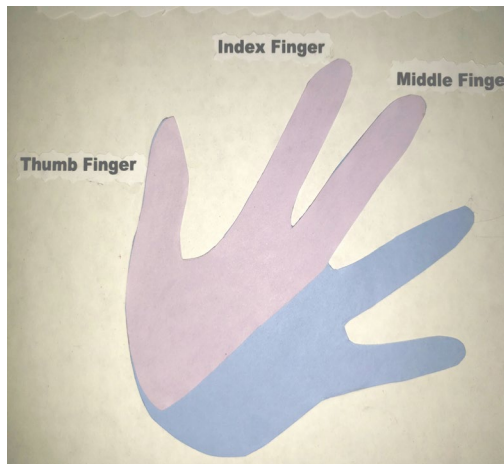
Alzheimer's is a diagnosis from Dementia, but Alzheimer's is much deadlier. Dementia is first to afflict a patient and Alzheimer's will soon follow. The symptoms for Alzheimer's disease include peripheral vision, hearing loss, loss of comprehension, loss of finger dexterity, loss of temperature control and loss of smell. Eventually the patient afflicted with Alzheimer's will lose all body functions and then the patient will experience loss of life.

-Alzheimer's has no cure.

Dexterity

: Readiness and grace in physical activity especially: skill and ease in using the hands
(Webster's Dictionary, 2018)

When an individual gets Alzheimer's, they will lose feeling or dexterity in their thumb, Index finger and middle finger.



Some Examples of difficulties due to loss of dexterity include:

Using electronics, getting dressed, cooking, personal hygiene, holding objects, reading books, counting money and coins, using scissors and crafting, eating and drinking and the list continues....

What is a Fidget Mat?

Fidget mats are small lap blankets that range in sizes to cross over the lap. The primary purpose for the fidget mats is to help patients with Alzheimer's or Dementia cope with anxiety, provide comfort and entertainment, to relieve tension, and to relieve stress. It also serves to help a patient practice using their dexterity fingers and exercise their hand muscles. The mats can be handmade and provide a wide variety of objects to serve its user. Here are some examples:

Buttons, Zippers, Ribbons, Beads, Pockets, Flowers, Shoe laces, Pins, Scarves, Bells, Yarn, String, Some to tie, Socks, Different color, Clothes clips, Bows, Tiny hats, Stamps, Soft Fabric, Numbers, Paint brushes, Stuffed animals, Mittens, Gloves, Small bags, Hearts, Belts, Fabric books, Shirts, Ties, Pom-poms, Music items, Anything Crocheted or knitted, Key Chain, anything with different textures.

