



## Instructions: FIDDLE RUG

(Project via CWA of WA Community Co-ordinator (Jan 2020))

Note: if 6 months have passed since the above date, please check that this item is still required before you begin.

*Fiddle Rugs are unique sensory blankets with various colours and textures which provide comfort, enjoyment and stimulation, being ideal for patients in hospitals or nursing homes who may suffer from dementia, nervousness, restlessness etc. The fiddle rug is a suitable size to fit nicely over a patient's lap. Designing a fiddle rug is a wonderful way to be creative and a great opportunity to use all those "bits" that have been gathering around your house!*

### Before starting your unique fiddle rug please note that:

It is vital that all added items are very securely stitched on. Especially to survive hospital laundries. It is vital that no pieces on the rug will damage delicate skin.

It is vital that the rugs have no pockets that items such as hearing aids, dentures, food etc. can be hidden in (it does happen!).

It is vital to ensure any items that could be a potential hazard are secured in a fabric bag.

### Guidelines:

Size; approx. 75cm x 90cm.

Fabric; Polar fleece, fleece (fleece side up) or woven fabrics.

Edges; Can be edged with overlocker or zigzag stitch

### Instructions:

Once items are stitched on to the rug, back the rug with non-slip fabric (seams inside), then stitch through both layers to stabilize fabrics.

### Suggestions for suitable items (nothing sharp or too heavy please):

- Buttons- preferably large and either in bags or well attached onto the rug.
- Textured fabrics- e.g. velvet, velour, fur, flocked, satin lace.
- Zips- either with a smooth ring or loop in the slide.
- Cotton reels threaded on tape or shoe laces (ensure there are no sharp edges).
- Shoulder pads- stitched either across the centre or all the way around to ensure no pocket.
- Velcro- with a ribbon loop to pull.
- Bouncy balls (not too heavy) in a bag.
- Small cat toy balls- in a fabric tube.



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