

Cognitive Therapy Quilts



Cognitive Therapy Quilts are quilts which are used to help stimulate memory in those individuals with stroke, dementia and Alzheimer's disease. We will be making them on March 22nd. They go together quickly and are really fun to make.

These quilts are made using black and white base blocks with various items machine appliquéd onto them. These appliqués can be from a focus fabric, or a shape cut from a patterned or textured fabric. The squares will be assembled and the quilt finished at the workshop on March 22nd. Most of these quilts are hung in the residents rooms, but some residents like to hold on to them.

I will have kits with me on February 22nd for those of you who need them and I will be providing the black fabric as it is difficult to match. If, however, you wish to make black blocks before our February 22nd meeting, please do so in groups of 6. Each quilt takes 6 black blocks.