

FIDDLE MAT GUIDELINES

These mats sit on a person's lap and have items that are tactile for patients in Aged Care to "Fiddle" with.

- 40 x 50 cm finished size
- Weights in each corner, 20 cent pieces or similar ideal
- Soft fabrics
- Attached interesting tactile items of different textures and functions to engage patients.
- No items/materials that will fray, come loose from mat or break off.

Basic Pattern:

- Cut two (2) 43 x 53 cm pieces of material (1.5cm seam allowance included). Material can be same both sides, contrasting, patchwork, your choice.
- On the front piece sew any number embellishments onto right side, such as zips, beads to slide, ribbon to feel etc. See photo.
- It is important to have all embellishment sewing edges, threads etc. confined between the two (2) layers.
- Place right sides together, sew around edges leaving a small gap to turn out.
- Turn out to right side, place weights in corners and sew in place.
- Sew up remaining gap.
- Press
- Fiddle mat finished.

