

**Position Title:** Fidget Blanket Creator

**Organization:** Sacramento Public Library (SPL)

**Position Overview and Impact:**

The Fidget Blanket Creator will assist SPL with providing Fidget Blankets—a lap-size blanket that provides sensory and tactile stimulation—to those with anxiety and restless hands, including people living with Alzheimer’s disease or another form of dementia. These blankets are equipped with “fidget” objects such as buttons, ribbons, zippers, rings, buckles, and pockets for the user to touch and play with. As part of SPL’s Brain Health Initiative, all Fidget Blankets will be donated to local memory care facilities.

**Key Responsibilities**:

* Assemble and sew a Fidget Blanket from a kit using your own sewing machine, thread, needles, and bobbins.
* Follow directions in the kit to ensure the blanket meets standards designed to be of most benefit to memory care residents.
* Once complete, follow instructions for no-contact delivery of your finished product to a SPL location.

**Requirements**:

* Must have access to a sewing machine and all necessary sewing supplies.
* Must have machine sewing skills and ability to carefully follow kit directions.
* Willingness to use a no-contact drop off procedure of the finished product.

**Training and Support:** A Fidget Blanket kit, including pre-cut fabric, batting, and “fidget items” will be provided to you via no-contact pick up at one of the participating SPL branches with curbside service. Directions and example images will be included in the kit. A staff member will be available to answer any questions you may have.

**Benefits of Volunteering:**

* Opportunity to help members of our community in memory care facilities and expand the reach of SPL’s Brain Health Initiative.
* Opportunity to utilize your sewing skills.

**Time Commitment:** 3-5 hours

**Length of Commitment:** Ongoing; Volunteers may opt to create one blanket or return to create multiple blankets.

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