Creating Community Integration through Quilt Making after ABI

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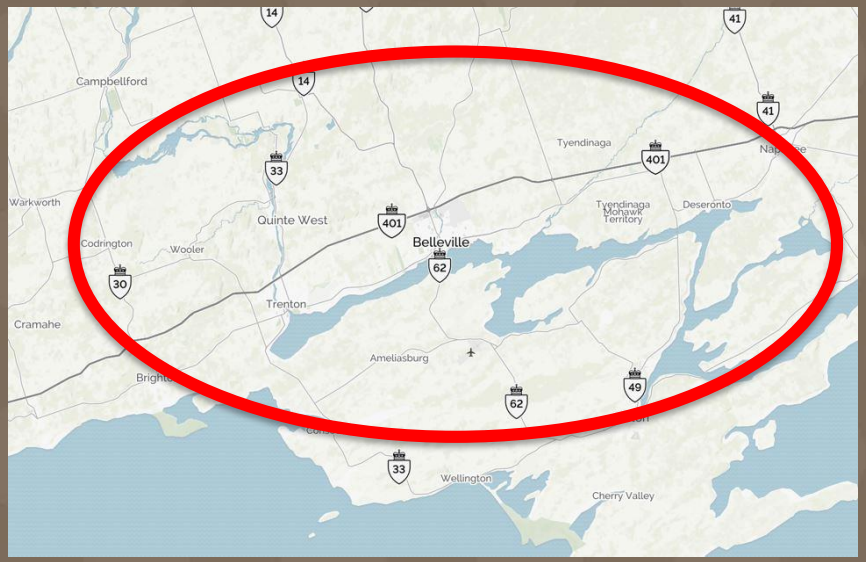
Brain Injury Association

QUINTE DISTRICT



- Established in 1992
- Grass roots organization with a volunteer board
- Celebrated 25 years in 2017
- No consistent course of government funding
- Financially dependent on fund raising alone!

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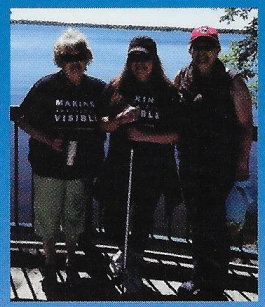
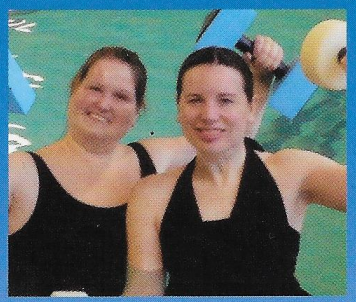
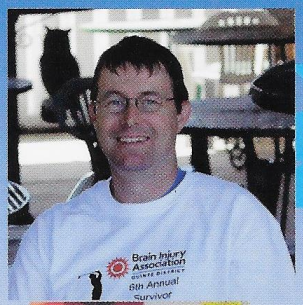
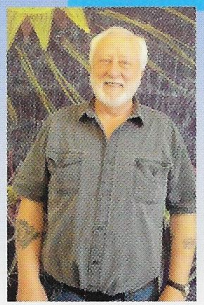






Celebrating 25 Years



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Facilitator Led Programs

Our facilitators are:

- Experts in their field
- Patient
- Willing to learn about TBI
- Maintain high expectations (not prejudge)
- Motivator
- Accepting of others with disability

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WHY QUILT?

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What made you fall in love with quilting?*

- 77% - quilts
- 56% - fabrics
- 28% - people

- Creativity
- The process

* From the American Quilters' Association

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What made BIAQD members fall in love with quilting?

- People
- Working together
- Learning new skill
- The designs and colours
- Creating something that we are proud of.

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Quilt Making: An Executive Function Task

- Planning
- Organizing
- Sequencing
- Decision Making
- Problem Solving
- Memory
- Flexibility

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Skills required for Quilt Making

Using a sewing machine
Reading a pattern
Measure and cut accurately (1/4/ inch)
Sew straight line
Sew a consistent ¼ inch seam
Chain piece
Pressing techniques
Pinning techniques
Square blocks
Add borders in sequence
Straight line Quilt through several layers
Bind Quilt
Add label

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Independent Skills	Facilitated Skills	Dependent Skills
Using Sewing Machine		
		Reading a pattern
		Measure and cut accurately
Sew a straight line		
	Sew a consistent ¼ inch seam	
Chain piece		
Pressing techniques		
Pinning techniques		
		Square blocks
Adding borders in sequence		
	Straight line quilt through several layers	
		Bind quilt
Add label		

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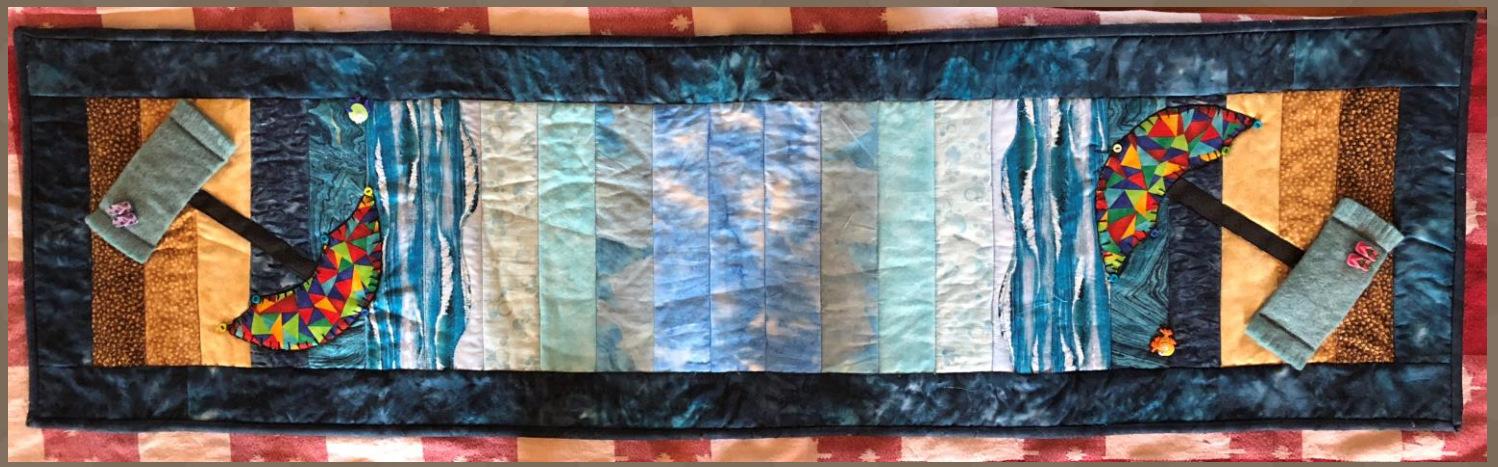
In the beginning

Goal: Sewing straight lines



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Facilitator's Role

- Identify pattern
- Choose fabric
- Provide samples for each step
- Cut fabric
- Square blocks
- Quilt the layers
- Bind

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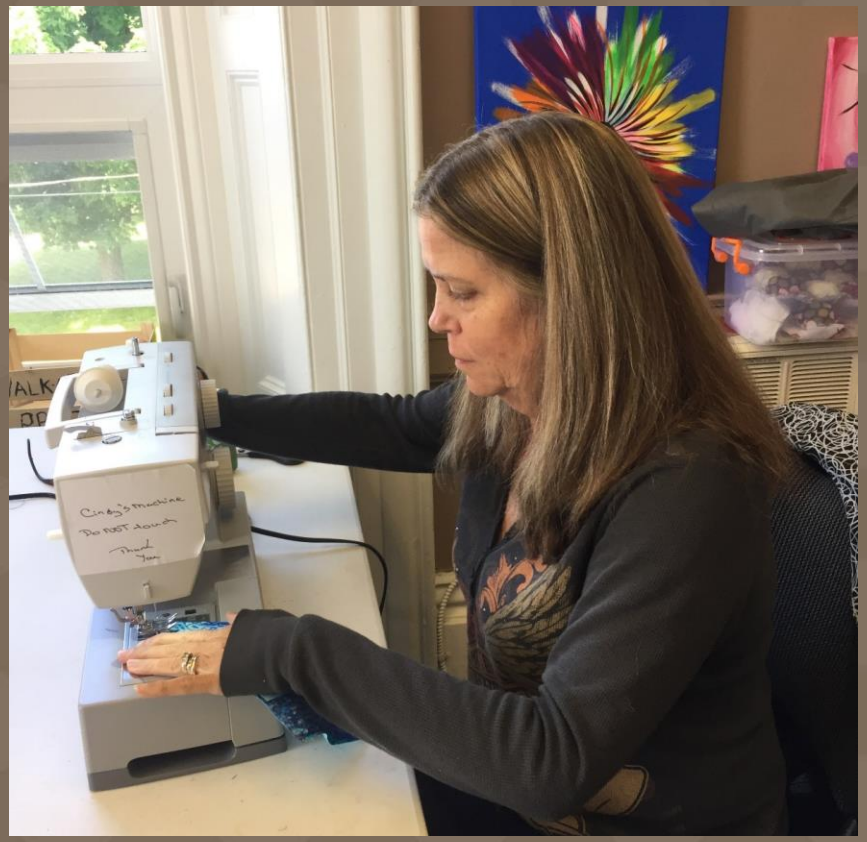
Facilitated Skills



¼ Inch Seam Dilemma

- Tape on the machine
- Special foot
- Flexibility

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The Pressing Station

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Pinning Techniques

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Sewing Central

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Camaraderie

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A Group Project

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Solving problems together

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Mistakes Happen

A quilt does not have to be perfect to be beautiful. The beauty comes from the thought, the time, and the love that the quilt represents.

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The Results

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Community Integration

Building Confidence

- Can we be successful?
- Is it an even playing field?
- Is there support?

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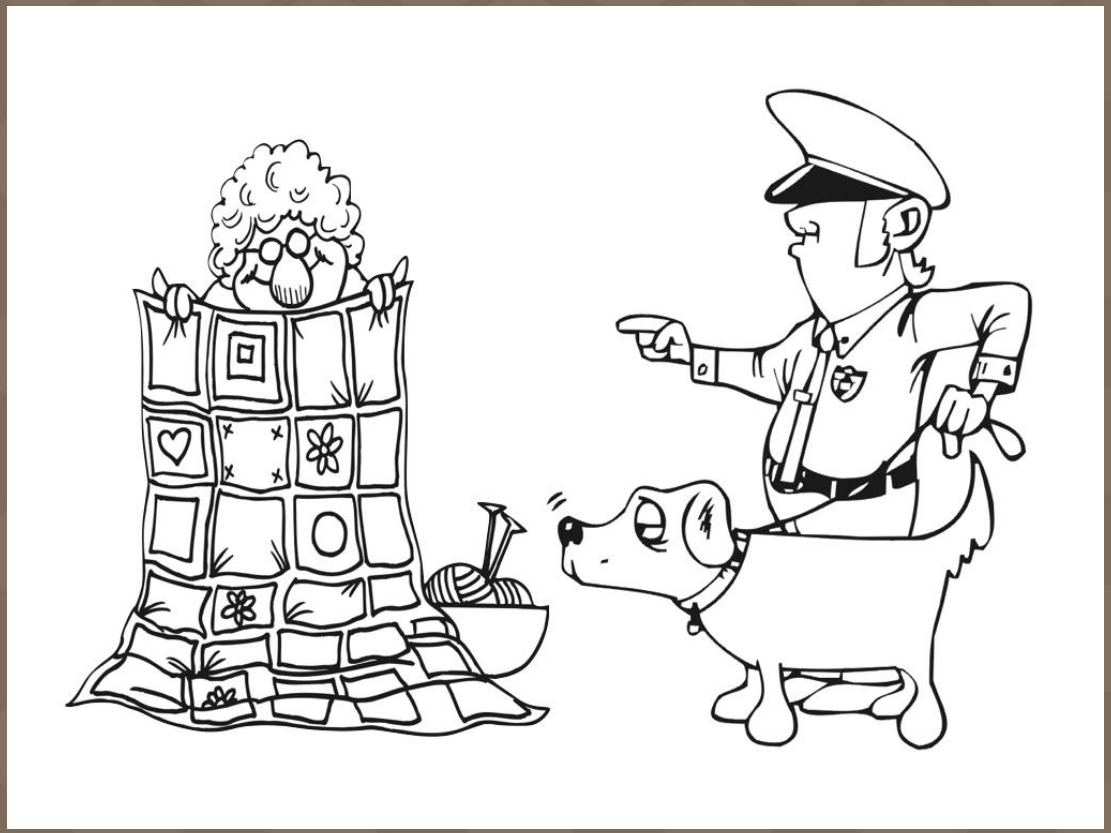
Quilting Guilds



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Competing in the Community

THE WARKWORTH FALL FAIR

~ ESTABLISHED IN 1850 BY THE PERCY AGRICULTURAL SOCIETY ~

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The Rewards

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Motivation for the Next Project

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Most valuable lessons learned

- Perseverance
- Nothings perfect, only machines attain perfection
- Enjoy the process
- Be organized
- Keep trying, there is always something new to be learned
- Practice, practice, practice
- Just “go for it?”
- There’s more than one way to do things
- Patience
- Mistakes aren’t mistakes, they’re creative flourishes.
- Have fun
- Quilters are fabulous people.

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The Path Forward

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