

Twiddlemuffs

How to support patients with dementia by knitting a basic hand muff

Do you knit?

Have you heard of Twiddlemuffs?

They're knitted muffs with items attached to keep dementia patients' hands active and busy. They contain strands of textured ribbons, beads and various fabrics attached, both inside and outside.

People with dementia often have restless hands and like to have something to keep their hands occupied.

It provides a wonderful source of visual, tactile and sensory stimulation as well as keeping their hands warm.

As part of our dementia awareness work, we are hoping that volunteers, staff, residents, family members and friends will come forward to put their knitting skills to good use to help us create more twiddlemuffs.

You don't have to be an expert knitter!

The pattern is very simple.

If you aren't a knitter but would still like to support this cause, we would welcome donations of wool, buttons, beads, ribbons, zips or anything else which could be used to safely enhance the muffs.

Twiddlemuff instructions

Materials

- This pattern is perfect for using up left over and odd balls of wool
- Needles: 8mm circular, (or 6.5mm straight needles)

Directions

Cuff:

- Cast on 40 stitches using 2 strands of double knitting wool, (you can also use 1 strand of chunky wool).
- Work in stocking stitch (knit a line, purl a line) for 11 inches(28cm).

Muff Body:

- Continue with stocking stitch using up oddments of various textures of wool (for example; chunky, mohair, snuggly eskimo , ribbon and chenille) until work measures 23 inches(58.5).
- Cast off.

Decoration and finishing

Now is the time to decorate the muff body with beads, flowers, zips, loops etc.

- Neatly sew the long edges together purl side facing you.
- Turn inside out.
- Push the cuff up inside the muff body and neatly sew together the two short .
- Now is the time to decorate the muff body.
 - Choose a good variety of decorations such as beads and colourful items
 - Try to include at least 6 decorations on the outside and 4 on the inside. You can add more if you like.
- Make sure that everything is sewn on tightly so they cannot be pulled off
- Ensure there are no loose threads.
- Include bits and bobs on the inside too. Agitated hands can then be soothed and kept warm at the same time.
- Other decorations could include elastic, tassels, bells, silk, netting and pockets

Please refer to the pictures for some ideas, or call in to the Assisi Centre to see an example of a twiddlemuff or to drop off any donations of materials or wool.

Thank you for your support!

