

Twiddlemuffs

How to support people with dementia by knitting basic hand mitts

Twiddlemuffs are knitted hand mitts with interesting tactile bits and bobs (e.g. buttons, ribbon, beads) attached inside and out for people who are agitated or anxious to twiddle in their hands. They are designed to stimulate the senses and the brain whilst keeping 'restless hands' busy and snug!

We have found that the muffs can help to decrease agitation and anxiety levels and it is part of The Dementia Team's ongoing projects to promote wellbeing and dementia awareness.



We would be delighted if anyone can volunteer to help make some Twiddlemuffs with or without attachments (Staff, patients, visitors, local community) for our patients – particularly as they are person specific, so the recipient will be able to take

If you cannot knit but would like to contribute to the project all donations, of odd bits or full balls of wool, buttons, beads, ribbons, zips, small squashy things or anything tactile would be gratefully received!

Special thanks to Warrington and Halton Hospitals whose idea was our inspiration and Linda J Walters whose pattern we have adapted.

Please contact us on Dementia@asph.nhs.uk if you need any information.
Thankyou for your support!

Or send your completed Twiddlemuffs to us via:
**Twiddlemuffs, Dementia Team, Level 4 Duchess of Kent Wing, St Peters Hospital,
Guildford Road, Chertsey, Surrey, KT16 0PQ**

Can't knit but can sew??? Contact us about 'Fidget Blankets' at Dementia@asph.nhs.uk

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.

1. Directions

Cuff: Cast on 45 stitches using 2 strands of double knitting wool or 1 strand of chunky wool (*one plain colour works best*).
Work in stocking stitch (*knit a row, purl a row*) for 11 inches.



Mitt Body: Continue with stocking stitch, but use up oddments of various textures of wool such as chunky, mohair, ribbon etc. until the work measures 23 inches (*two strands of double knit for two rows each gives a lovely assortment of colours*). Cast off.



2. Finishing

- If working with straight needles, lightly iron the long strip, then neatly join the sides together using edge to edge stitch (with the knit side facing out)
- Turn inside out and push the one-colour cuff up inside the mitt body
- Sew the two ends together, again using a neat edge to edge stitch.

3. Decoration

Now is the time if you want to decorate the mitt, inside and out, with ribbons, beads, flowers, zips, loops, pompoms, buttons etc. Knit a separate pocket for a favourite photo or a hanky. Be creative, but make sure each item is very securely attached, preferably with strong thread. Attach 4-5 items inside and 4-8 items on the outside (no sharp edges please).



Washing instructions:
hand wash at 30°C – carefully! Leave to dry flat. No dryers!

Contact us with your completed donations at Dementia@asph.nhs.uk