

# Twiddle Muffs for people living with dementia

## What is a Twiddle Muff?

Professional caregivers rave about the effectiveness of Twiddle Muffs. Having something to hold and manipulate, something to “twiddle” or fidget with, has a calming effect on a person who has dementia. The textures, the gadgets, the warm coziness are all there for just that reason. The stimulation they provide truly adds to the individual’s quality of life.

## Directions

### Materials

- This pattern is perfect for using up left over and odd balls of wool. Different textures of wool are also good.
- Needles: 6.5mm straight needles or 8mm circular.
- Beads, zips, ribbons things that can be twiddled with but will not break and are not sharp to touch or brittle.

### Cuff (Twiddlemuff lining)

- 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 and use up any oddments of various textures of wool. For example chunky, mohair, snuggly, eskimo, ribbon and chenille.
- Knit unit work until it measures 23 inches (58.5cm).
- Cast off.

### Finishing and decoration

- Neatly sew the long edges together with purl side facing you.
- Turn the muff inside out.
- Push the cuff (lining) up inside the muff body and neatly sew the case on and cast off edges together.
- Now is the time to decorate your twiddlemuff. Choose a good variety of decorations: beads, pastel colours, depending on whether the twiddlemuff is for a man or a woman.
- Try to include at least six decorations on the outside and four on the inside. You can add more if you like.
- Make sure everything is sewn on tight so they cannot be pulled off and there are no loose threads.
- Include bits and bobs on the inside too. Agitated hands can then be soothed and warmed at the same time.