

# twiddlemuffs

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



## Do you knit? Have you heard of Twiddlemuffs?

A Twiddlemuff is a single, knitted muff (tube) which is worn on the hands and can be any combination of colours. They are often adorned with buttons, bows, strands of beads, zips and decorations, which are attached both inside and out.

People with dementia often have restless hands and like to have something to keep their hands occupied. Twiddlemuffs provide a wonderful source of visual, tactile and sensory stimulation, whilst also helping to keeping patients' hands snug and warm.

Twiddlemuffs are now being given out to people with dementia who are spending time in our hospitals. Whilst many recipients will be based on our older people's wards, other departments are also finding Twiddlemuffs useful for their patients, for example our orthopaedic wards, who often care for older people who have experienced a fracture or fall.

If you're a knitter or know someone who is, maybe you could spare some time (and some wool!) to make and donate Twiddlemuffs for use by patients with dementia? Once a person is given a Twiddlemuff, it becomes theirs to keep, so we are always keen to replenish our stocks. We're not choosy on colours or decorations either, as they're given to both men and women, so get knitting and get creative!

This project is part of a wide range of work we're doing to support patients with dementia, and we'd be really grateful for your help. Instructions on how to make a basic Twiddlemuff can be found overleaf.

Please email  
[hyp-tr.dementiasupport@nhs.net](mailto:hyp-tr.dementiasupport@nhs.net)  
for further information



# Instructions



## What you'll need

- Wool - approx one 150 gram ball will probably be enough - it varies a great deal depending on the individual wool
- One pair of needles (size depends on the type of wool you want to be)
- A tapestry needle for sewing up
- Oddments of yarn, ribbon, trimmings, buttons, beads etc. for embellishment

## Getting started

This pattern can be knitted in any wool but you will need to adjust the number of stitches you cast on depending on the size of the needle and the type of wool. Look on the ball band, if there is one, of the wool for information about needle size and tension. Because of the simple nature of the pattern the measurements do not have to be exact and you can easily test them out on your own hands!

Double knit wool on size 5-7 needles comes out at about 5 to 5.5 stitches per inch. Chunky wool on size 7-9 needles comes out at about 4 to 5 stitches per inch.

The width of the Twiddlemuff needs to be about 12 to 13 inches wide (this is the length of the muff - so you can check against your own hands to see if you have made this is the right size). The length of your knitting needs to be twice the width.

## To begin

In a lighter wool cast on 60 stitches, or the number of stitches to give you about 30cm width. In chunky wool cast on 48 stitches.

## Beginners

Keep knitting until you reach about 24 stitches / 60cm or double the width. Or try stocking stitch - one row knit, the next row purl for a smooth finish.

## Advanced

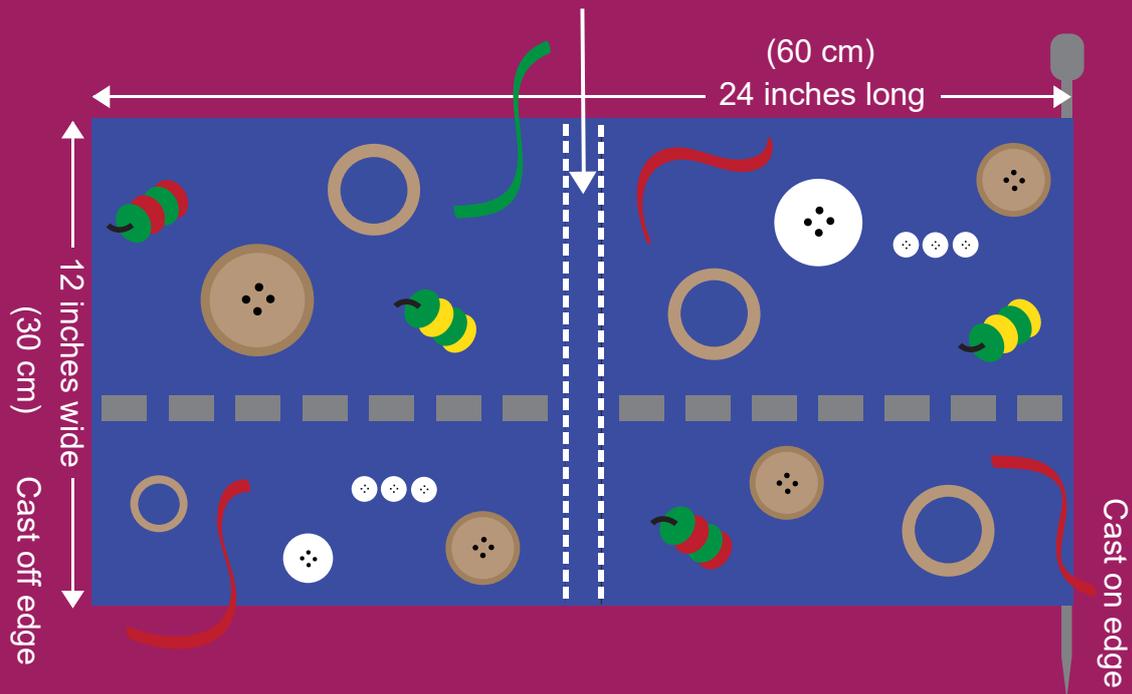
Use the Twiddlemuff to try out patterns and techniques on a small and easy project.

## Both

Keep knitting until you have approx. 24 inches / 30 cm in length and then cast off.

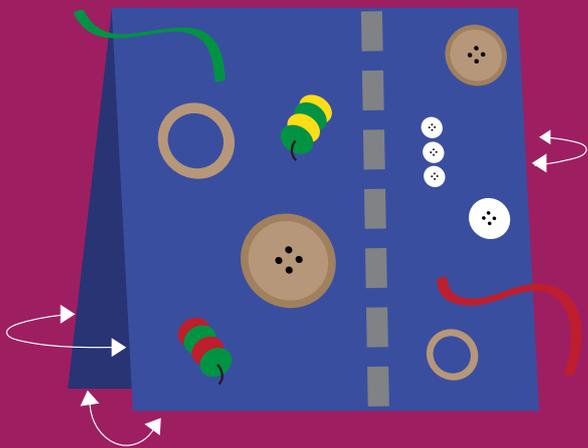
## Step 1

Decorate the Twiddlemuff on the right side of the knitting.  
Leave a small area halfway down that is free of decoration.



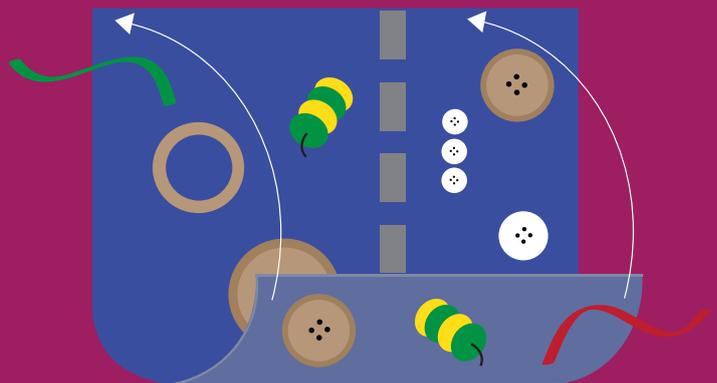
## Step 2

Fold along the middle, with the decoration showing on both sides and then sew up the three open edges.



## Step 3

Sew the cast on / cast off edge to the fold edge together to make a tube that has double thickness and is decorated inside and out.



## Step 4

Send the Twiddlemuff to:  
Karen Harrison  
Corporate Nursing Services  
Brocklehurst Building  
Anlaby Road  
Hull  
HU3 2RW

