Ashford and St. Peter's Hospitals NHS
NHS Foundation Trust

Twiddlemuffs & Twiddleblankets

How to support people with dementia by knitting basic hand mitts & blankets



Twiddlemuffs and twiddleblankets are knitted hand mitts and blankets 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 & snug!

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







Twiddlemuffs and twiddleblankets can be beneficial to other people without dementia—contact us if you think your patient may benefit.

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 them home from hospital.

These are costly to buy online, so we are hoping to get people to put their knitting skills to good use!

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.

Contact us for more info at asp-tr.dementia@nhs.net or send your Twiddlemuffs to: **Dementia Team, Cherry Ward, St Peters Hospital, Chertsey, Surrey, KT16 0PQ**

Blanket Instructions

Make approximately large enough to go across lap (less than 30 inches both ways)

Twiddlemuff Instructions

Materials

- This pattern is perfect for using up left over & odd balls of wool
- Needles: 8mm circular or 6.5mm straight needles.

1. Directions

Cuff: Cast on 46 stitches using two 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.

Top Twiddle tips!

- To test safety pull hard on attachments and attempt to remove yourself
- Sew buttons back to back, as most secure
- Attach securely using strong thread/ wool
- Use as many colours and texture wool as you like
- Do create some without buttons (not suitable for everyone)
- Bright and contrasting colours easier to see, but pastels can be calming
- Almost anything goes — be creative!









Decorating: If you would like to decorate you may like to securely attach 4-5 items inside and 4-8 items on the outside e.g. Ribbon, flowers, pompoms, zips, loops, buttons, beads etc.



Reasons why attachments can be unsafe

- Items easily pulled off
- Sharp objects e.g. safety pins, wooden pegs, ribbon with wire, sharp buttons
- Items dismantle e.g. plastic flowers, feathers, foam/paper shapes





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