



Wellington Hospitals Foundation – Twiddlemuffs



Twiddlemuffs are knitted hand muffs with textured items attached inside and out. Researchers have found that they provide simple stimulation for people with Dementia and other memory conditions by soothing restless hands, minimising agitation and increasing flexibility. These items are simple to make and provide a great tool to enable wellbeing.

Materials

This pattern is perfect for using up leftover and odd balls of wool. Different textures of wool are also good for stimulation.

Needles: 6.5mm straight needles or 8mm circular

Accessories: Beads, zips, ribbons and things that can be twiddled with, but not break. Items must not be sharp to touch or brittle

Directions

Muff

- 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
- Knit 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 cast on and cast off edges together.

Now is the time to decorate your Twiddlemuff. Choose a good variety of decorations. Try to include at least 6 decorations on the outside and 4 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.