

# Twiddlemuff Instructions

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 yet can provide a person with dementia with a tool to enable daily wellbeing.



## Materials

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

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.

## Directions

### Muff (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

1. Continue with stocking stitch and use up any oddments of various textures of wool. For example chunky, mohair, snuggly, eskimo , ribbon and cheniiiie.
2. Knit until it measures 23 inches (58.5cm). Cast off.

### Finishing and Decoration

1. Neatly sew the long edges together with purl side facing you. Turn the muff inside out.
2. 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. Here are a few things to consider: Choose a good variety of decorations: beads, pastel colours , depending on whether the Twiddlemuff is a male or a female.

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 kept warmed at the same time.