

Twiddle muff instructions

Twiddle muffers are knitted or crocheted woolen muffers with items such as ribbons, buttons, beads attached both inside and out that patients with dementia can twiddle in their hands. People with dementia often have restless hands and like something to keep them occupied. The twiddle muffers provide a source of visual, tactile and sensory stimulation. When distributed to our patients the twiddle muff will be labeled with the patient's name to prevent cross infection. Patients will also be able to take their twiddle muff home with them.

Please return your twiddle muff to our Voluntary Services Department - Telephone 0118 322 8396 / 7061.

1. Materials

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



2. Directions

- **Cuff:** Cast on 45 stitches using 2 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
- **Muff 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**



3. 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 muff body.
- Sew the two ends together, again using a neat edge to edge stitch.



4. Decoration

- Now is the time if you want to decorate the muff, inside and out, with ribbons, beads, flowers, zips, loops, pompoms, buttons, etc. Knit a separate pocket for a favourite photo or a hanky. Be creative, but make sure each item is securely attached.



