

# **How to knit a Twiddlemuff**

## **Materials**

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

**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**

### **Cuff (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**

**Continue with stocking stitch and use up any oddments of various textures of wool. For example chunky, mohair, snuggly, Eskimo, ribbon and chenille.**

**Knit unit work 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 case on and cast off edges together.**

**Now is the time to decorate your twiddlemuff. Choose a good variety of decorations: beads, pastel colors, depending on whether the twiddlemuff is for a man or a woman.**

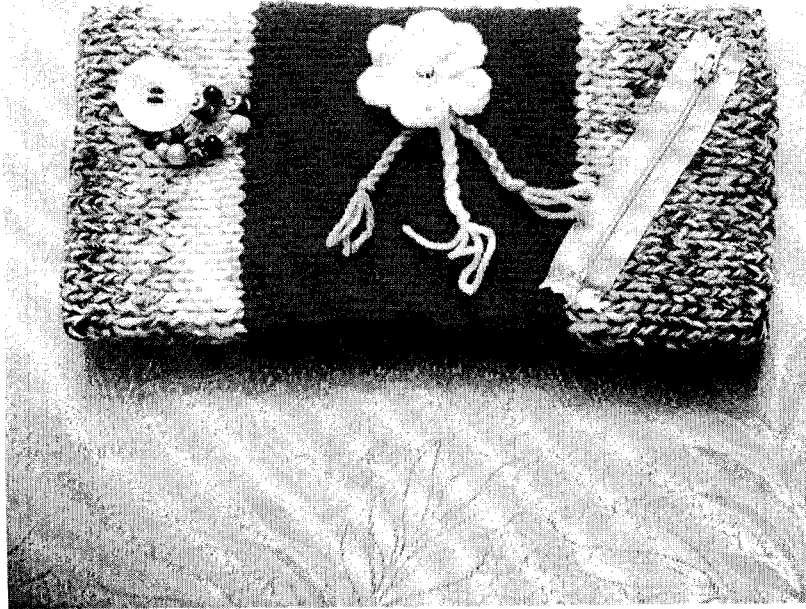
**Try to include at least four decorations on the outside and two on the inside. You can add more if you like!**

**Make sure everything is sewn on tight so they cannot be pulled off and there are no loose threads.**



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**Twiddlemuffs are a knitted hand muff with interesting bits and bobs attached inside and out.**

They have been designed and developed to provide simple stimulation for active hands, while promoting increased flexibility and brain stimulation. Many patients with dementia have found the Twiddlemuff reassuring and comforting.

We'd be delighted if any willing knitters could help us to create Twiddlemuffs as part of our dementia awareness work. Don't worry if you are not an expert; the pattern is very simple. If you aren't a knitter but still want to support the cause, we would welcome donations of new wool, buttons, beads, ribbons, zips, or anything that could be used to enhance the muffs safely.

People living with later stage dementia often have restless hands and like to have something to keep their hands occupied. It provides a wonderful source of visual, tactile and sensory stimulation and at the same time keeping hands snug and warm.

We're doing a wide range of work to support people living with dementia. These muffs will provide something to sooth restless hands and minimise agitation. When choosing colours please bear in mind that female patients prefer