



# DEMENTIA CARE

## TWIDDLE MUFF FACT SHEET



### HOW TO SUPPORT PATIENTS WITH DEMENTIA BY KNITTING A TWIDDLE MUFF

#### DO YOU KNIT? Have you heard of 'twiddle muffs'?

They're knitted muffs with items attached to keep dementia patients' hands active and busy. They contain strands of textured ribbons, beads, and various fabrics attached both inside and outside.

People with dementia often have restless hands and like to have something to keep their hands occupied. A **twiddle muff** provides a wonderful source of visual, tactile and sensory stimulation, and keeps hands snug and warm at the same time.

We are hoping that volunteers (staff, patients and visitors) will come forward to put their knitting skills to good use to help us to create more twiddle muffs 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 wool, buttons, beads, ribbons, zips or anything else that could be used to enhance the muffs safely.

#### FURTHER INFORMATION

If you would like further information about **twiddle muffs**, please contact:

Monika Rybacka,  
Quality Improvement Nurse for Dementia and End of Life: [monika.rybacka@ouh.nhs.uk](mailto:monika.rybacka@ouh.nhs.uk)

If you would like to make and donate a twiddle muff or materials, please drop them off at the main reception at any of our sites – JR, Churchill, NOC or Horton.

## 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

### CUFF

- Cast on 40 stitches using two strands of double knitting wool. You can also use one 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 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 up inside the muff body and neatly sew together the two short ends.
- Now is the time to decorate your twiddle muff.

### HERE ARE A FEW THINGS TO CONSIDER

- Choose a good variety of decorations such as **beads** and **colours**.
- 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 that there are no loose threads.
- Include bits and bobs on the inside too. **Agitated hands can then be soothed and kept warm** at the same time.