



All over the country people are knitting....

Twiddlemitts for people with dementia

People with dementia often have restless hands and like to have something to keep their hands occupied. Twiddlemitts are knitted handmuffs with ribbons, beads and buttons attached which provide visual, tactile and sensory stimulation and at the same time keep hands warm, reducing anxiety and promoting calm, giving a focus when life is confusing.

The mitts are easy to knit and can use up left over wool, buttons and beads. There are patterns on the internet, or you can follow the simple instructions below.

Twiddlemitt instructions

Step 1 What you will need

- Wool - approx one 150 gram ball is probably enough - it depends on the type of wool - or you can use left over bits of a number of balls with different colours and textures
- 1 pair of needles - we suggest 6.5mm needles for DK
- a tapestry needle - for sewing up
- oddments of yarn, ribbon, trimmings, buttons, beads etc. for embellishment

Step 2 Directions

Cuff / lining

- Cast on 40 stitches using 2 strands of double knitting wool or one strand of chunky wool
- work in stocking stitch (knit one row, purl one row) for 12 inches / 30 cms

Mitt body

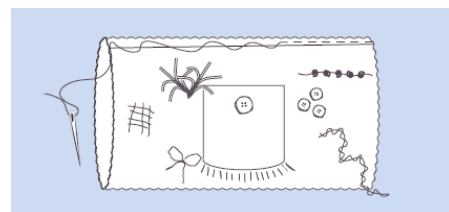
- Continue in stocking stitch and use up any oddments of various textures of wool for example, chunky, mohair, snuggly, eskimo, ribbon and chenille
- You can also knit some sections in moss stitch (knit one, purl one; next row purl one, knit one) or rib (knit two, purl two; next row knit two, purl two) to give a variation in texture - we suggest ten rows per section
- Knit until it measures 24 inches / 60 cms
- Cast Off

Step 3 Finishing

- Neatly sew the long edges together with purl side facing you
- Turn the mitt inside out
- Push the cuff/lining up inside the mitt body and neatly sew the cast on and cast off edges together

Step 4 Decoration

- Now decorate your Twiddlemitt - use a variety of decorations such as: beads, buttons, different colours, cord, velvet ribbon - and put these both inside and outside - use six or more
- Make sure everything is sewn on tight so they cannot be pulled off and there are no loose threads



Care and Use: *Please note that each mitt should be for one person only to avoid cross infection. They are for the person to have most of the time; they are not just for short activity periods. Wool wash, 30C or hand wash.*

Give a finished mitt to a person you know who may need it, your local care home or drop it in an envelope to one of these

Ealing Collection Places:

Ealing Dementia Concern 223 Windmill Rd Northfields/S Ealing W5 4DJ - letter box if closed

Lido Community Hub Top of Northfields Ave 63 Mattock Lane W13 9LA Mon-Fri 10am-8pm (Fri -5pm)

Ealing Council attn Patricia Lewis Adults Services (2nd Fl Green) Perceval House 14-16 Uxbridge Rd W5 2HL

Ealing Hospital Reception Uxbridge Rd UB1 3HW attn Tracey Kidd, Senior Dementia Nurse Ward 5 South

Boston Manor Pop In St Thomas's Hall by Elthorne Park, W7 2AD Fri mornings only (not Aug)

Queries or offers of wool to Patricia 020 8567 1028

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