

## Information on Twiddlemitts

*It has been found that Twiddle mitts (also called Twiddle muffs) can be of benefit to some people in the later stages of dementia.*

Twiddlemitts are knitted, crocheted or sewn handmuffs with ribbons beads and buttons attached. They are a low tech homely thing which has been found to help some people with dementia in their daily lives. They can provide warmth, comfort, a sense both of purpose and of calm to people with dementia. They can help direct a person's focus and energy on to one thing, provide sensory stimulation and reduce anxiety. They can become a comforter in the way that some children have a special comfort blanket or toy.

You may like to make one or get someone to make one for a person you know.

There is a growing group of knitters in Ealing who are making them and giving them to Dementia Concern for distribution, to care homes, and to Ealing hospital where they are helpful to distract people from pulling at canulas/drips. **If you would like wool to knit mitts, contact Patricia 020 85671028**