



Fidget Muff – Dementia Patients

People with dementia often have restless hands. A fidget muff is a great source of visual, tactile and sensory stimulation, and keeps hands snug, warm and occupied. Those who avail of a fidget muff whilst an inpatient can then take it home.

The WHSCT sincerely appreciates the efforts of those taking the time to make items such as fidget muffs. We do, however ask that you follow the pattern as given below. This means all donations are appropriate and can be out to good use.



Materials: This pattern is perfect for using up left over and odd balls of wool. Dementia patients benefit from various textures and colours. The more varied the better.

Needles: 8mm circular or 6.5mm straight needles.

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.

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.

Decoration – Muffs for use within the Western Trust should be plain, no buttons, ribbons or other items that may present a risk.

Remember – our patients will have their hands inside the muff meaning texture is important both inside and out.

Thank you for your cooperation.