



What is a Twiddle Muff?

A twiddle muff (one word or two) is a knitted sleeve that incorporates various textures and accessories that can be touched and manipulated. The sleeve, or “muff” is a source of visual, tactile and sensory stimulation and also serves to keep hands warm!

What is it used for?

People with Alzheimer's disease or severe cognitive impairment are often restless and like to have their hands busy. It was discovered, especially in Great Britain where these sleeves (“Twiddle Muffs”) are widespread, that in certain cases, they can appease the patients in times of anguish or restlessness.

Materials

- straight US 10 or 10.5 (6 / 6.5mm) knitting needles
- a selection of yarns of any color and texture (a great way to use up leftovers!)
- buttons, ribbons, pom poms or other tactile embellishments

*** If you would like to donate my Twiddle Muff Alzheimer's Fundraiser, visit ***
<https://www.justgiving.com/fundraising/twiddle-muff-knit-project>

Also please contact me via email to info@marnimadeit.com if you would like to add your Twiddle Muff to a collection to be donated to Memory Care residents and others in need.

Instructions

The finished sleeve laid flat measures approximately 20cm by 28cm (8" x 11")

1. Cuff (interior lining)

Cast on 45 stitches, doubling or even tripling the yarn if it is very fine. If your thread is thick a single strand will suffice. Knit stockinette stitch until the piece measures 11" (28cm).

2. Sleeve body (visible exterior)

Continue by doubling the yarn, but alternate several colors, types of yarn, and stitches to make stripes of varying texture. You can for example incorporate mohair, ribbon etc, knit bobbles or small openings to pass a ribbon. Work like this until the sleeve measures 23" (59cm) in total. Bind off. Weave in loose ends. You will have a large rectangle. Block to 23" x 16" (59 x 41 cm).



3. Finishing

Sew the long edge using an invisible stitch (the right side is on the outside). You will have a long tube. Attach "decorations" to the exterior part of the muff. You can add big buttons, crocheted flowers, big beads, pompoms, braids, or pieces of fabric to it which can also be a small pocket. *(I knit an iCord with 3 stitches and a single strand of worsted weight yarn then attach a fun charm and secured it to the inside pocket.)* Be creative, but **make sure every object is securely attached**. This is important, as patients can repeatedly pull on it and potentially bring the object to the mouth. Also be careful not to put any sharp object on your sleeve. It is also good to attach accessories to what will be the inside of the sleeve. You can add a pocket (knit or fabric), which will serve as a small "hiding place". Lastly, pull the inner part of the muff through the exterior side sew the short edges together with an invisible seam.



[>>> Watch this video for help >>>](#)

What will your piece look like? Share your work and ideas on social media!

#twiddlemuff @mbm_madebymarni