

Knitted Twiddle Muff (for use by Dementia/Alzheimer's Patients)

Materials:

Odds and ends of left-over yarn (you will need fun-fur, ribbon, or other fancy yarn for the body and 'normal' yarn for the cuff portion). Chunky is best but you can double light worsted to achieve a chunky weight yarn.

Pom-poms, ribbons, knit curly Q's,... anything you feel will add interest and is 'twiddly' yet safe US size 10.5 or 11 needles straight or circular. Note that the muff is knit back and forth so do not knit in the round if using circulars.

Abbreviations:

k = Knit

p = Purl

sts = Stitches

Pattern:

Stockinette = knit 1 row, purl 1 row



Method:

For the cuff, cast on 42 sts with either one strand of plain, non-fancy chunky weight yarn or two strands of light worsted held together.

Work in stockinette stitch for ~11"

Now change to fancy yarn and proceed to knit the body as follows

Continue with stockinette stitch for an additional ~12" for a total of ~23", switching yarns every couple of inches to vary the texture of the fabric

Cast off

Decorate the body (the fancy yarn part) as desired with pom poms, I-cords, ribbons. DO NOT USE ANYTHING A DEMENTIA OR AUTISTIC PERSON MIGHT REMOVE – BE AWARE THAT THEY LIKE TO FIDDLE AND PULL ON THINGS. Be sure EVERYTHING is very secure, as their purpose is to be played with

Sew the long sides of your muff together so as to form a tube using whichever method you prefer – if mattress stitch, join on the right side or you can have the purl side facing you and sew the edges together neatly. You do not need to weave in all the tails on the edges as you can 'hide' them inside the muff. Be sure not to leave gaps as you join the edges

If necessary, turn the muff right side out

Pull the cuff up inside the body and neatly sew the cast on edge to the cast-off edge (you will only need to sew these two together as the other side will be where the fold is and will not need to be joined).