

TWIDDLEMITTS....



....are a knitted or crocheted tube with items attached that a patient with dementia can twiddle with their hands. People with dementia often have restless hands and like to have something to keep their hands occupied. It provides a wonderful source of visual, tactile and sensory stimulation. Early use has shown them to be hugely successful and impacting very positively on a patient's hospital stay.

We need volunteer patients, staff and visitors, to help create more Twiddlemitts. The basic mitt is embellished with buttons, bells, beads, and toggles – anything that can be sewn onto the mitt as well as a variety of textured fabrics, such as ribbon, crocheted flowers and pockets. These items are sewn on the inside as well as the outside of each mitt.

HOW TO MAKE A TWIDDLEMITT

Please take a leaflet demonstrating knitting instructions.

YES PLEASE

- ✓ Smooth wool
- ✓ Plain wool
- ✓ Bright colour beads
- ✓ Non sharp bells
- ✓ Large bright colour buttons
- ✓ Ribbons
- ✓ Pockets
- ✓ Chunky unbreakable beads
- ✓ Crochet/knitted flowers
- ✓ Textured fabric patches
 - Fur, suede, velvet etc.

NO THANKS

- ✓ Wool with strands
- ✓ Fluffy wool
- ✓ Rough type wool
- ✓ Tinsel
- ✓ Zips
- ✓ Metal chains
- ✓ Loops or rings
- ✓ Pom-poms
- ✓ Sharp objects
- ✓ Objects resembling sweets
- ✓ Glass beads