

Together in Service

Fidget Lap Mats, Aprons and Twiddle Muffs for People with Dementia

Fidget aprons, lap mats and twiddle muffs are designed for people with dementia who need sensory activity. You can make them with objects and textures that will occupy nervous hands and soothe nerves.

These are easy to make using a purchased or hand-sewn apron or lap quilt. Have fun adding pockets, zippers, buttons, jewelry, ribbons, elastics, belts, snaps, yarn, ties, pictures, keys, toys, Velcro, stuffed animals, and textured fabrics! Make sure everything is sewn on well.



Knitted Twiddle Muff

A twiddle muff is a double-thick knitted muff with items attached that people can “twiddle” with their fingers. For restless hands and anxious minds, these provide comfort and distraction.

Materials needed:

- A selection of leftover and odd balls of wool.
- 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 color 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 colors). 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 color cuff up inside the muff body. Sew the two ends together, again using a neat edge to edge stitch.

Decoration: Now you can decorate the muff, inside and out, with ribbons, beads, flowers, zips, loops, pompoms, buttons, etc. Knit a separate pocket for a favorite photo or a hanky. Be creative, but make sure each item is securely attached!