Examples of Twiddlemuffs

Use of wool to secure buttons
Different wools used
Use of knitted textures on the muff

Use of wool twiddles secured with wool

Use of wool to secure twiddles
Knitted Twiddles
Thick wool with textures

Use of wool for twiddles
All other materials for twiddles secured tightly

Twiddles made from wool
Use of wool to secure twiddles and buttons

Use of different wools for good textures
All buttons secured on well that are smooth with no Sharp edges
Twiddlemuffs are thick hand muffs with bits and bobs (Twiddles) attached to the inside and out.

They are designed to provide a stimulation activity for people living with Dementia.

The Twiddlemuffs provide a source of visual, tactile and sensory stimulation at the same time as keeping hand snug and warm.

Twiddlemuffs have also been shown to have benefits for people with learning Disabilities.

Each one is single use only and can be taken home by the person when they are discharged. Twiddlemuffs are available from ward staff.

For further information visit www.sath.nhs.uk/twiddlemuffs