

## 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



Twiddle muffs 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](http://www.sath.nhs.uk/twiddlemuffs)**