

Twiddle Muffs/Twiddle Mats

Twiddle Muffs are knit tubes that fit over a dementia/alzheimers patient's lower arm. They can be knit in the round, or knit flat and sewn into the round. Arm length should be approximately 7-8", and the arm opening diameter approximately 7-9".

Twiddle Mats are just that, knit mats that sit on the lap of dementia/alzheimers patients. Dimensions should be 10-12" x 14". The number of stitches to cast-on depends on your yarn, so as long as you're in the size ballpark, it's all good!

Their purpose is to provide sensory stimulation that calms dementia and alzheimers patients, so the crazier the design, changing yarn types, multiple stitch types, etc. the more beneficial the muff/mat will be! Let your creativity and imagination run free!

Embellishments can be sewn into the muff/matt as it is knit, or can be sewn on afterwards.

It is CRITICAL that all embellishments are heavily secured with either yarn or double/triple-stranded crochet thread.

Yarn, embellishments, and crochet thread are available from Cathi Munley at her office, HealthCare Planners, 232 Adley Way, Greenville 29607. Email her at CMunley17@gmail.com, or call her at 864-593-1313 to setup a day/time to stop by.

Finished twiddle muffs and twiddle mats can also be dropped off at Cathi's office.

PLEASE do NOT deliver your finished muffs/mats directly to Interim. Their offices are on limited staff and closed to the public, so we must be mindful and have one Guild member delivering our donations.

Knit on!!