

Twiddle Muff or Fidget Sleeve



A twiddle muff is something that can be slipped over a persons arm who may be experiencing some sort of restlessness, whether from dementia, Alzheimers, or a neurological issue. It keeps them busy and there is nothing on the sleeve that will hurt them.

As you can see in the above photo a very soft chunky/blanket yarn was used. These can be knitted or crocheted and should measure approximately 10 inches in width. (it is made in a flat panel that measures 10 inches in length and is then stitched together at the end to form a tube) (an easy pattern is to chain 26 then double crochet in each chain. Chain 3 and start the next row.)

After the sleeve is complete, you can add anything that is soft and can be sewn onto the sleeve. (The beads that are on the muff on the left have been encased in a small tulle bag and double stitched on the machine at least twice.)

Please let us know if you have any questions about these sleeves!