

Guidelines on how to make a twiddle muff for the European Twiddle Muff Awards

Safety first

Safety instructions of the how to make a twiddle muff for the European Twiddle Muff Awards

Twiddle muffs are made for people with Alzheimer's disease and other dementias and they will use them when they feel lost and nervous. Twiddle muffs will attract their attention, occupy their hands, soothe them and give them comfort.

That is why we put various ornaments that they can touch, pull and twiddle with their fingers. Twiddling is an important component of the muffs so there is always the RISK that the small objects which attract the fingers of the patient may detach from the body of the twiddle muff and be swallowed.

Please do not put anything wooden, ceramic, plastic or made out of glass on the twiddle muff. No beads of any kind, no buttons or any other small objects. Do not put pom poms on twiddle muffs! No matter how safely we attach pom poms to the muff, the threads that it is made out of can always be pulled out.

Such attachments are NOT ALLOWED and if you use them your twiddle muff will not pass the safety check and you will lose the opportunity to participate in the Awards.

Once put in use the twiddle muffs need to be maintained appropriately and regularly checked for safety. All the items attached to the twiddle muff need to be re-checked on a daily basis, specially after washing.

The EWE Foundation and the initiating organization declines any responsibility on any accident that may occur as a consequence of the distribution of the Twiddle Muffs received for the competition and subsequently distributed to institutions caring for patients.

Basic instructions

General guidelines on how to make a twiddle muff for the European Twiddle Muff Awards

1. Selecting your yarn balls

Twiddle muffers are great to put in use all the leftover yarn that you have at home.

When picking your yarns for the twiddle muff please make sure that they are comfortable for the skin (so as not to irritate the delicate and sensitive skin of patients).

Choose as many different colors as possible (cheerful, vivid and matching colors), wool and yarn of different thickness and structure.

2. Making the body of the twiddle muff

You can make a square by knitting / crocheting / felting /weaving or combining these techniques.

You can also knit or crochet in rounds but be careful about the dimensions.

Twiddle muff should not be too tight and it is nice if a person can tuck both hands in it.

Combine colors and yarn of different thickness and structure, and use as many different patterns as possible, especially relief ones. This is a good opportunity for you to try out the ones you know and to learn new ones. It is all up to your imagination!

(If you are not sure about the dimensions you can be safe with 30x30cm)

3. Decorating the twiddle muff

We make twiddle muffers for people with Alzheimer's disease and other dementias and they will use them when they feel lost and nervous. Twiddle muffers will attract their attention, occupy their hands, soothe them and give them comfort. That is why we put various ornaments that they can touch, pull and twiddle with their fingers. Most of the ornaments should be put on the outside of the twiddle muff but do not forget to put something on the inside, too. When both hands are positioned in the muff, it is nice to have something to explore on the inside of the twiddle muff.

Put only soft decorations on twiddle muffers – applications that you will make by knitting, crocheting, felting or weaving them.

Please do not put anything wooden, ceramic, plastic or made out of glass on the twiddle muff. No beads of any kind, no buttons or any other small objects. Do not put pom poms on twiddle muffers! No matter how safely we attach pom poms to the muff, the threads that it is made out of can always be pulled out.

Anything attached to a twiddle muff will be twiddled a lot and objects from different materials can be torn off easily and as such pose a danger!

Check everything you sew on several times, to make sure it is tight.

Consider also using other techniques to decorate twiddle muffs, such as embroidery, tapestry technique, macrame.

4. Finishing

After the decorations are placed on the twiddle muff, fold it in half and connect it into a tube. (This of course applies to the twiddle muffs made out of square).

5. Finalising application for the awards

- Take a photo of your finished twiddle muff or make a sketch of it.
- Fill out the application form with the signed consent and attach the photo or sketch to it.
- Give the filled out application form and the twiddle muff to the group you are a part of or to the closest Regional Coordinator.

If there is no Regional Coordinator in your country please get in contact with the EWE Foundation at awards@ewe.network email address.

