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Complete Twiddle/Fiddle Muff & Apron Guide

This complete guide from Serving Our Superheroes offers step-by-step instructions for creating sensory support tools like fiddle muffs and aprons. These resources aid individuals with dementia, Alzheimer's, autism, or sensory needs by providing comfort and tactile stimulation.

What Are Dementia Aids?

Dementia aids are tools and activities designed to engage individuals living with dementia. These include:

- Fiddle/twiddle muffs
- Sensory aprons or activity blankets
- Tactile boards or mats
- Familiar object boxes
- Visual cue cards and memory books
- Large button remotes and orientation clocks

They can help reduce agitation, encourage movement, improve hand coordination, and provide a sense of calm and comfort.

Dementia Twiddle Apron

Skill level: Beginner to Intermediate

Use a ready-made or handmade apron as your base. Decorate it with sensory and tactile elements including:

- Textured patches (velvet, fur, sequins)
- Zippers, buttons, toggles, and snaps
- Ribbons, cords, tassels
- Pockets with small, soft objects inside

Ensure all elements are double-stitched or securely fastened. These aprons are wearable and keep the user engaged while seated or standing.

Examples of Twiddle Aprons



Knitted Twiddle Muff

Skill level: Intermediate

Needles: UK Size 4 / 6mm; Optional: Size 10 / 3.25mm for embellishments

Yarn: Chunky or double knit wool (double strands)

Cast on 40 stitches. Knit 11 inches in stocking stitch (inner sleeve).

Then continue for 13 inches in your chosen texture and colour variations. Follow suggested stitch rows, or freestyle.

When finished, sew together the two ends to form a tube. Pull the inner sleeve inside the outer sleeve. Sew cast on and off ends together.

Knitted animals such as owls can be added, as an optional extra.



Material / Quilted Fiddle Muff

Skill level: Beginner to Intermediate

Use a rectangular piece of soft cotton or fleece (approx. 14 x 28 inches).

Quilt layers with light wadding. Add textured fabrics and secure embellishments. Fold in half and sew into a tube.

Line with fleece for comfort. Add internal and external sensory items.

Felt-Based Fiddle Muff

Skill level: Beginner

Use a large piece of thick felt as the base. Cut shapes and textures to sew or glue on.

Add zips, toggles, pom-poms, bells, soft toys. Bind edges with soft tape.

Avoid small detachable pieces. Great for craft sessions or beginner sewers.

Measurements & Safety Guidance

- Fiddle Muff: Typically 11" long x 6" wide tube when finished.

- Aprons: Standard adult apron dimensions; decorate chest and lap areas.

Safety:

- All attachments must be double-sewn.

- Avoid choking hazards.

- Ensure everything is washable.