

## Fidget Sleeve Pattern

A Fidget Sleeve is a hand muff with bits and bobs attached inside and out. It is designed to provide a stimulation activity for restless hands for patients suffering from dementia. The Alzheimer Society of Thunder Bay will distribute these for free to care partners and people living with dementia who put in a request.

What you'll need:

- Wool – approx. one 150 gram ball will probably be enough
- 1 Pair of needles (size depends on the type of wool you want to use).
- A tapestry needle for sewing up.
- Oddments of yarn, ribbon, trimmings, buttons, beads etc. for embellishment.

### Getting started:

This pattern can be knitted in any wool but you will need to adjust the number of stitches you cast on depending on the size of the needle and the type of wool. Look on the ball band, if there is one, of the wool for information about needle size and tension. Because of the simple nature of the pattern the measurements do not have to be exact and you can easily test them out on your own hands!



Double knit wool on size 5-7 needles comes out at about 5 to 5.5 stitches per inch.

Chunky wool on size 7-9 needles comes out at about 4 to 5 stitches per inch.

The width of the Fidget Sleeve needs to be about 12 to 13 inches wide (this is the length of the muff – so you can check against your own hands to see if you have made this the right size). The length of your knitting needs to be twice the width.

## To Begin:

In a lighter wool cast on 60 stitches, or the number of stitches to give you about 30cm width.

In chunky wool cast on 48 stitches.

## Beginners:

Keep knitting until you reach about 24 inches / 60 cm or double the width. Or try stocking stitch – one row knit, the next row purl for a smooth finish.

## Advanced:

Use the Fidget Sleeve to try out patterns and techniques on a small and easy project.

## Both:

Keep knitting until you have approx. 24 inches / 30 cm in length and then cast off.

## Step 1

Decorate the Fidget Sleeve on the right side of the knitting. Leave a small area halfway down that is free of decoration.

## Step 2

Fold along the middle, with the decoration showing on both sides and then sew up the three open edges.

## Step 3

Sew the cast on / cast off edge to the fold edge together to make a tube that has double thickness and is decorated inside and out.

## Step 4

Bring the completed Fidget Sleeve to the Alzheimer Society and it will be given to someone in Thunder Bay living with dementia.

