

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 stitchers 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 you 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 need 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.