

# How to support patients with dementia by knitting a sensory band.

Sensory bands are a double thickness hand muff with items such as buttons and ribbons attached inside and out. They are designed to provide a stimulation activity for restless hands for patients suffering from dementia / delirium. They provide a source of visual, tactile and sensory stimulation. They can help to alleviate boredom and reduce aggression and are also a source of comfort.



We are hoping that volunteers (staff, patients and visitors) will come forward to put their knitting skills to good use to help us to create more Sensory bands to benefit patients in our hospital. The soft knitted muffs contain strands of textured ribbons, beads and various fabrics attached both inside and outside. These can be quite costly if ordered from the internet so we are hoping that volunteers will come forward to put their knitting skills to good use.

Alternatively you can drop them off at the helpdesk in main reception or at the league of friends shop.

Please contact [vanessa.mclean@colchesterhospital.nhs.uk](mailto:vanessa.mclean@colchesterhospital.nhs.uk) or [maisey.dear@colchesterhospital.nhs.uk](mailto:maisey.dear@colchesterhospital.nhs.uk) for more information, or send your completed Sensory bands to

Dementia Care Nurse Specialists, Training Rooms South,  
Colchester General Hospital, Turner Road,  
Colchester,  
Essex,  
CO4 5JL.

Thank you for your support.

# Instructions.

## Materials

- This muff pattern is perfect for using up left over and odd balls of wool.
- Needles: 8mm circular or 6.5mm straight needles.

**Cuff:** Cast on 45 stitches using 2 strands of double knitting wool or 1 strand of chunky wool (*one plain colour works best*).

Work in stocking stitch

(*knit a row, purl a row*) for 11 inches.

**Muff Body:** Continue with stocking stitch, but use up oddments of various textures of wool such as chunky, mohair, ribbon etc. until the work measures 23 inches (*two strands of double knit for two rows each gives a lovely assortment of colours*).

Cast off.

## Finishing

- If working with straight needles, lightly iron the long strip, then neatly join the sides together using edge to edge stitch (with the knit side facing out)
- Turn inside out and push the one-colour cuff up inside the muff body
- Sew the two ends together, again using a neat edge to edge stitch.

## Decoration

Now is the time if you want to decorate the muff, inside and out, with ribbons, beads, flowers, zips, loops, pompoms, buttons, etc. Knit a separate pocket for a favourite photo or a hanky. Be creative, but make sure each item is securely attached.