

Fiddle Blankets and Twiddle Cuffs:

Creation Guidelines for Volunteers

Clinical Nurse Consultants (Falls and Cognition)

People living with delirium, dementia or cognitive impairment often respond well to diversional therapy. Diversional therapy items such as Fiddle Blankets and Twiddle Cuffs can provide sensory stimulation to individuals. This can help calm agitation, occupy restless hands and provide comfort.

Fiddle Blankets

Fiddle Blankets are a unique activity blanket for people living with advanced dementia or delirium. It keeps hands occupied and provides sensory stimulation with features to manipulate like zips, studs and textured material. The use of Fiddle Blankets has been shown to improve quality of life and reduce behavioural and psychological symptoms of dementia.



Examples of Twiddle Cuffs



Examples of Fiddle Blankets

Twiddle Cuffs

Twiddle Cuffs are a knitted cuff/muff with items attached to keep hands active and busy. They contain strands of textured ribbons, beads and various fabrics attached both inside and outside. They are often used to disguise cannula sites and IV attachments to distract from fiddling with and potentially dislodging them. They are designed to fit on the person's forearm.

Disclaimer: The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.



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Important tips to consider when making Fiddle Blankets and Twiddle Cuffs

- For Fiddle Blankets: Lap size of consumer (approximately 36cm x 27cm)
- Use different fabrics/wool to create blanket/cuff
- Attachments to blanket/cuff can include:
 - Ribbons
 - Textural material such as tulle, corduroy, lace, fleece, or fringing
 - Zips
 - Crocheted items
 - Buttons (large buttons only)
- Machine stitching is best
- If an attachment requires hand stitching, then please ensure you test it when it's in place by pulling really hard on it to ensure that it will not break loose
- If you can give it to an infant to play with, then it is okay to give to a patient
- Avoid use of small beads or buttons as they can be a choking hazard
- No sharp objects or edges that could possibly irritate or tear the skin

Thank you for assisting with the creation of Fiddle Blankets and/or Twiddle Cuffs for our Bass Coast Health consumers. Completed Fiddle Blankets and Twiddle Cuffs may be given directly to our Volunteer Services team, or handed in to our hospital reception staff for forwarding on.

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Reviewed by
Consumers