

# Comfort Mitts

## How to support patients with Dementia by knitting a basic hand mitt



Calling all knitters – East Surrey Hospital are asking for your help with making Comfort Mitts for our patients.

Patients with dementia are likely to be anxious and confused about being poorly in hospital and tend to fiddle with buttons, blankets and even drips. Giving them something that provides comfort and keeps their hands busy is exactly what the Comfort Mitts are designed to do. The mitts provide visual, tactile and sensory stimulation as well as having the added benefit of keeping hands warm.



The mitt can contain strands of ribbons, beads, buttons and various fabrics to provide the different textures both inside and out on the mitt. We are asking patients, family members and staff to join us in providing these invaluable items for our dementia patients. Each mitt will be given to a patient in need and the mitt will stay with them even when they leave our care.

*With grateful thanks to Warrington and Halton, Royal Devon and Exeter Hospitals whose idea we have used.*

## Thank you for your support!

**If you cannot knit, but would like to contribute to this project, donations of wool, oddments or full balls, plus decorations – large buttons or beads, ribbons, squishy things, etc. will also be gratefully received.**



## Comfort Mitt Instructions

### 1. Materials

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



### 2. Directions

**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.

**Mitt 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*).



### 3. 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 mitt 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 mitt, 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.



***Washing instructions:*** hand wash at 30°C – carefully! Leave to dry flat. No dryers!

