

# Have a go at: Creating a Sensory Band

**There's no right or wrong way to make a sensory band. The aim of each one is to create something that will keep hands busy 'remembering.'**

**Many people with dementia often find comfort in having something for their hands to do, especially those staying in an unfamiliar environment, such as a hospital. Sensory bands can also provide constancy for patients and help calm them.**

**Since these interactive textiles are meant to stimulate memory, it is important that you trigger the senses by using different textures and embellishments as much as possible. You can create your own original sensory band or you can use the pattern below as an example.**

## Things to consider

- Think about the kind of texture you want to create with the fabric and pull together different thicknesses of wool and cotton.
- Colour is very important! Bright, cheerful colours are great, but consider contrasting colours as well. Mixing in a really bold colour amongst a muted pallet of colours will draw the eye.
- Don't neglect the inside of the band; attach buttons, hooks, pom poms, or beads to both sides.
- Consider alternating your stitches, mixing up knit and purl stitches can provide some really interesting patterns and textures.
- Make grooves for fingers to run up and down or create holes to insert ribbon or lace; this provides texture for inside and out!
- You can also add a scent to your band. A small fabric parcel attached with a popper so that it can be changed/washed is a good idea; you can insert lavender or scented rice if you wish.

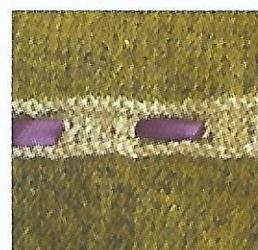


## Sensory Band Guidelines

### You will need:

- **Size 6 or 8 knitting needles**
- **Selection of wools from DK, cotton and super fine**
- **Selection of ribbons, buttons, name tags, length of pom pom trim, felt and poppers**
- Cast on 70 stitches
- Knit 16 row of rib in a DK wool (K2, P2)
- Row 17 change colour and K for the next 6 rows
- Row 23 change colour and knit 16 rows in stocking stitch (Knit one row, Purl one row)
- Row 39 change colour knit 3 rows  
(Note you could insert eyelets here if you wish to insert ribbons)
- Row 42 purl
- Row 43 knit
- Row 44 purl
- Row 45 knit

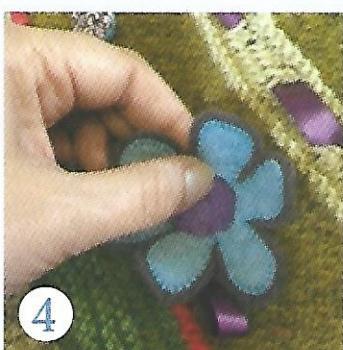
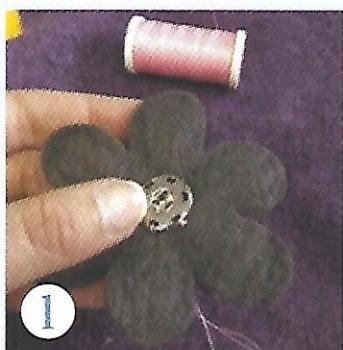
- Row 46 knit
- Row 47 Change colour and knit the next 16 rows in stocking stitch
- Row 63 & 64 Knit a contrasting colour (in this case bright pink in DK)
- Row 65 Change colour and knit 5 rows in stocking stitch
- Row 70 continue in the same colour and knit for 5 rows
- Row 84 K
- Row 85 P
- Row 86 K
- Row 87 P
- Row 88 Change colour and knit in rib for 6 rows
- Row 94 Change colour and knit for the 8 rows
- Row 102 Change colour and continue in stocking stitch for the next 6 rows
- Row 108 Change colour and continue in rib for the next 8 rows
- Cast off



## Embellishment of the band

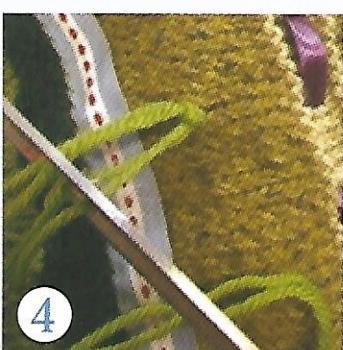
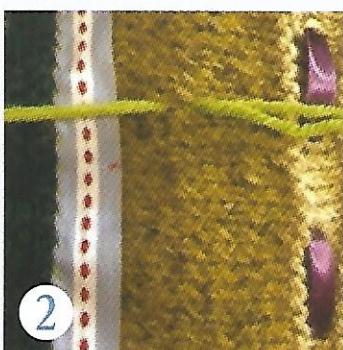
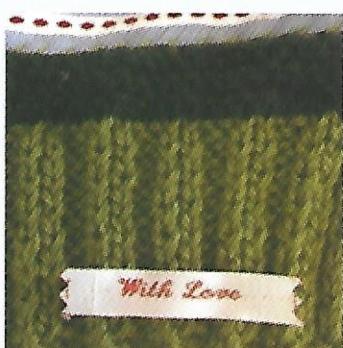
Now you can start to add buttons, ribbons, lace or labels. Really think about the textures, close your eyes and feel where best to place them. If you are thinking of sewing on a button choose a texture that really stands out from your knitting underneath. You could stitch some ribbon

on first to really contrast the textures. We have attached a hand stitched felt flower on the example above using a popper. Here we've attached a piece of ribbon to the flower to prevent it from falling off should the popper be used.



We've hand stitched pieces of ribbon, length of pom pom trim and name labels to the main body of the knitting and to the cuffs, creating different areas for fingers to play with.

Using a large wool needle we've hand stitched through the knitting and tied knots to create threads to play with.



When you are happy with your finished piece, turn the right sides together and hem along the long edge of your knitting. Turn your sleeve through and you are finished!

This are just a suggested pattern, you can create your own and in any way you wish.

Look out for sensory cuffs and sensory cushions on the Moodle!



# Get involved- things you can do

**1 Help us build the evidence base.** Policy makers need evidence to support the case for change and incentivise hospitals to alter their practices. If you have experience of caring for someone with dementia who has stayed in hospital in the past 5 years and would be willing to share your experiences as a carer and participate in NFWI research please get in touch with the Public Affairs Department.

**2 Knit or craft sensory bands for your local ward!** A sensory band is a glove or mitten that has attachments (such as buttons or beads) added on to it that patients with dementia can wear and handle to keep them occupied and calm. Hospital staff say that sensory bands provide a sense of comfort to patients with dementia that they can then take home with them.

**Turn over to the next page to see a pattern to get you and your WI crafting!** Once you've made the sensory bands, get in touch with your local ward to donate them. Use that opportunity to ask hospital staff or Admiral Nurses how they are welcoming carers on to wards and educate them about the aims of the WI resolution. Make sure you capture photos of your visit to the hospital, and let the Public Affairs team know what your hospital has pledged to do.

**3 Train as a Dementia Friends Champion.** Would you like to learn how to champion people with dementia in your community and encourage others to make their homes, communities, and workplaces dementia friendly? Would you like to run training sessions teaching others about dementia and how to

support dementia carers? If so, sign up to attend one of our 'Dementia Friends Champion' training days that will be running throughout 2017. To express an interest in attending, please contact the Public Affairs Department.

**4 Encourage your local wards to show that they welcome carers.** Many hospital wards do welcome carers at all or extended times, but many carers simply don't know it! A good first and easy step to spread the word is for wards to hang 'Carers Welcome' posters, which lets everyone know that carers are allowed on the ward. Contact the Public Affairs department for a 'Carers Welcome' poster (like you see here) and ask staff in your local wards to display it.

**5 Join our John's Campaign CQUIN letter lobby.** Introduced in 2009, the Commissioning for Quality and Innovation (CQUIN) payment framework makes a proportion of NHS healthcare provider's income conditional on demonstrating quality improvements in specific areas. John's Campaign (the policy of welcoming carers of those with dementia into wards) is now a local CQUIN for 2016/2017, which means that hospitals that do change practice and allow carers increased access will be financially rewarded for doing so. However, hospitals do not have to take up the CQUIN and it remains unclear what impact it will have in practice.

Join our NFWI CQUIN letter lobby by writing to your local mental health or acute hospital and asking them whether or not they are implementing the CQUIN. Contact the Public Affairs department for a template letter that you can adapt.

**CARERS  
WELCOME  
HERE**

We are happy to welcome the carers of our patients onto this ward and want to involve you in the care of your loved one to the best of our ability.

**If you are a carer please let a member of staff know.**

