

Sensory Bands



A sensory band is a pocket or glove that has attachments added to it, inside and out, that patients can twiddle and fiddle with. They are used to calm patients with dementia or Alzheimer's by giving them something to do with their hands, or just enjoyed by older patients.

If you would like to make a Sensory Band or even a few, they will be gratefully received and given to patients to keep and take home. You can drop them off at our main shop at Colchester General Hospital; Essex County Tea Bar or our Café in the Primary Care Centre, Turner Road.

What you need:

- 6.5mm straight needles or 8mm circular needles.
- Beads, zips, ribbons, anything that can be twiddled with but not break.
- Wool / yarn. Sensory bands are perfect for using up leftover wool. A variety of textures works really well.

The above example is for guidance only and any colour wool / yarn can be used, and sizes can vary.

Directions:

Make the cuff:

- Cast on 40 stitches using 2 strands of double knitting wool (or one strand of chunky wool).
- Work in stocking stitch (knit one, purl one) for 11 inches (28cm).

Continue with the body:

- Continue with stocking stitch using various textures and colours of wool.
- Knit until work measures 23 inches (58cm).
- Cast off.

Decorate and finish:

- Attach beads, flowers, zips, loops or anything else people can fiddle with MAKING SURE THEY ARE ATTACHED VERY FIRMLY SO THEY CANNOT BE EASILY PULLED OFF.
- Neatly join sides together with purl side facing you.
- Turn inside out.
- Push the cuff inside the body.
- Neatly sew together the two ends.