

25 ways knitting and stitching can help dementia

by Hilary Jones BSc (Hons) Behavioural Science

- ✓ Facilitates relaxation
- ✓ Focuses attention / thoughts on a task
- ✓ Enables enjoyment of a group activity regardless of skill level
- ✓ Encourages involvement and interaction with others
- ✓ Facilitates conversation and communication related to the activity
- ✓ Encourages active creativity rather than passive behaviour
- ✓ Provides a means of producing an end result which is rewarding
- ✓ Provides occupation, structure and purpose to the day
- ✓ Encourages the mind to be calm and peaceful – meditational
- ✓ Raises self-awareness
- ✓ Improves mood
- ✓ Reduces feelings of loneliness and isolation, desperation and despair
- ✓ Distracts from worry, stress and negative, repetitive thought cycles
- ✓ Raises confidence and self esteem
- ✓ Gives a sense of pride and achievement
- ✓ Give a sense of belonging to a community
- ✓ Calms – helping with anxiety and panic
- ✓ Encourages completion of other tasks such as dressing and eating
- ✓ Facilitates memory process particularly retrieval, encouraging How? Why? What?
- ✓ Facilitates access to episodic thoughts / memories – forgotten links to past life
- ✓ Provides opportunities to ask questions without pressure to remember specific information
- ✓ Stimulates visual and tactile senses
- ✓ Helps body / spatial awareness / hand-eye co-ordination through bilateral hand movement
- ✓ Encourages the development of better concentration
- ✓ Reduces inhibition of movement

