

Knitting and Crocheting – LIBRARY MATERIALS

Browse Title	Collection	Call Number
Knitting Essentials I	Adult DVDs	746.432 Knitting
Sock Techniques I	Adult DVDs	746.432 Sock
Yarn	Adult DVD	746.43 Yarn
Interweave Knits	Adult Magazines	Interweave Knits
Crochet World	Adult Magazines	Crochet World
Spin Off	Adult Magazines	Spin Off
Piece Work	Adult Magazines	Piece Work
<p>Crochet Lace Innovations : 20 dazzling designs in broomstick, hairpin, Tunisian, and exploded lace by Random House</p> <p>8.5 x 0.3 x 10.9 inches / 143 pages / 1.32 pounds Mostly lays flat. Some 2-page spreads do not include any photos, only diagrams and text – However, the photos that are included are full page and glorious.</p>	Adult Nonfiction	746.22 Cha
<p>Mason-Dixon Knitting : the curious knitters' guide : stories, patterns, advice, opinions, questions, answers, jokes, and pictures by Kay Gardiner</p> <p>8 x 0.5 x 9 inches / 132 pages / 9.6 ounces Lays flat. Lots of large photos showing completed projects. Instructions are mainly text.</p>	Adult Nonfiction	746.432 Gar
<p>November Knits : inspired designs for changing seasons by Kate Gagnon Osborn</p> <p>8.5 x 0.5 x 9 inches / 160 pages / 1.2 pounds Mostly lays flat. Lots of really beautiful sweaters and large projects. Some graphs and diagrams in instructions, but there are also plenty of photos.</p>	Adult Nonfiction	746.432 Osb
<p>Sockupied : 20 knit projects to satisfy your sock obsession by Anne Merrow</p> <p>0.5 x 10 x 12 inches / 168 pages / 1.4 pounds Lays flat at the center, but not the beginning or end. Uses graphs and diagrams for instructions. Lots of full page photos of socks.</p>	Adult Nonfiction	746.432 Soc
<p>Colorful Crochet Lace : 22 chic garments & accessories by Mary Jane Hall</p> <p>8.5 x 0.5 x 11 inches / 160 pages / 1.2 pounds Lays flat at the center, but not the beginning or end. Full-page photos of completed projects. Diagrams in instructions. Some close-up photos of stitches.</p>	Adult Nonfiction	746.434 Hal
<p>Crochet Scarves : fabulous fashions- various techniques by Sharon Hernes Silverman</p> <p>8 x 0.4 x 10 inches / 160 pages / 1 pound</p>	Adult Nonfiction	746.434 Sil
<p>The Complete Idiot's Guide to Crochet Projects Illustrated by Marcy Smith</p> <p>8 x 0.5 x 10 inches / 240 pages / 1.2 pounds Lays flat. Shows some close-up photos of yarn and crochet hooks. Most photos are of completed projects.</p>	Adult Nonfiction	746.434 Smi
<p>Crochet Bouquet : easy designs for dozens of flowers</p> <p>8 x 0.5 x 9 inches / 132 pages / 9.6 ounces Does not lay flat. Every page shows various crocheted flowers and leaves along with instructions.</p>	Adult Nonfiction	746.434 Tho
<p>Crochet, Learn It. Love It. : techniques and projects to build a lifelong passion for beginners up by Tracey Todhunter</p> <p>7.5 x 0.6 x 9.6 inches / 160 pages / 1.2 pounds Does not lay flat, so it will tug on hands a bit. The photos are a perfect combination of showing stitches in progress, blocks of projects and completed projects. Photos also include various types of equipment.</p>	Adult Nonfiction	746.434 Tod

Browse Title	Collection	Call Number
Clothes and Shoes by Helen Greathead 8.2 x 0.2 x 10.8 inches / 32 pages / 13.6 ounces	Children's Nonfiction	J 646.4 Gre
Kids Can Knit : fun and easy projects for your small knitter by Carolyn Clewer 8.2 x 0.2 x 11.2 inches / 128 pages / 1.3 pounds Most of the illustrations are drawn diagrams showing instructions to make the stitches. There are photos of children wearing their creations.	Children's Nonfiction	J 746.432 Cle
Quick Knits by Judy Ann Sadler 8 x 0.3 x 10 inches / 40 pages / 0.8 ounces	Children's Nonfiction	J 746.432 Sad
How To Knit by Fiona Watt and Stella Baggott 9.2 x 0.5 x 12.5 inches / 64 pages / 15.5 ounces	Children's Nonfiction	J 746.432 Wat

Knitting and Crocheting – ACTIVITIES

- A good simple project is to knit or crochet simple squares of about 20 stitches per row, then sew these together.
- Sort thread, floss, yarn, knitting needles or crochet hooks. Organize a project basket.
- Wind balls of yarn from skeins or take turns winding yarn around each other's outstretched hands. This also encourages large arm movements.
- Visit fabric or yarn stores. Visit craft fairs. Sometimes farmer's markets will have booths that include handicrafts.
- Have friends over who knit or crochet and do some projects together. Even if they are not able to participate, they will enjoy being around all that yarn.
- Watch knitting, crocheting or other yarn crafts on YouTube

Conversation starters

- If there are projects they have created in the past, keep them out and visible. Talk about when and how they were made. Encourage visitors to ask about them.
- Do your own work next to them and ask for suggestions.
- Look at patterns and talk about what yarn and colors to use.
- Read aloud together from a Debbie Macomber short story collection; there are several and a librarian can help you find one.

Tips

If they learned knitting or crocheting earlier in life, they may be able to pick it up again or maintain it. However, if not, learning it now is probably not feasible.

Some simple knitting and crocheting may be able to be done for a long time if it is done regularly and with someone nearby to keep an eye on the tools.

Make it a part of the daily routine as early in the diagnosis as you can. Choose an activity that is basic and simple and then do it as often as possible. Routine and habit are the key to maintaining abilities. The more a skill is used, the longer it will last.

Keeping hands busy with a safe activity is better than allowing them to begin something not so good and then trying to stop it.

Benefits

Maintains a sense of identity. Any activity they have enjoyed in the past will help maintain a sense of identity as long as they are able to do some aspect of it.

A person feels better when they are engaged and purposeful – not just entertained.

To place requests on these materials or materials on a different topic, please call Champaign Public Library at 403-2070.

If you are looking for more information or help, please feel free to reach out to the Alzheimer's Association 24.7 Helpline at 800-272-3900. They have trained professionals available who can help you set-up or adjust these activities, make local referrals, and provide emotional support.

These suggested activities and materials are not intended as medical information. The caregiver is responsible for deciding which activities and information are safe and appropriate to the situation.