

Comfort Menu

Use the comfort menu with residents to identify ways to reduce anxiety, discomfort and pain without using medications.

☒ **Check items below that you are interested in trying...**

Relaxation

- ☐ Stress ball
- ☐ Hand massage
- ☐ Visit from chaplain
- ☐ Reading visit
- ☐ Talking visit
- ☐ Relaxing music
- ☐ Soft background sounds/sound machine
- ☐ Guided Imagery Therapy: helping you imagine positive and relaxing things
- ☐ Quiet/uninterrupted time
- ☐ Pet therapy
- ☐ Essential oils
- ☐ Darkness
- ☐ Walking/ Change of Scenery

Comfort

- ☐ Warm pack
- ☐ Cold pack
- ☐ Ice
- ☐ Warm blanket(s)
- ☐ Warm washcloth
- ☐ Cool washcloth
- ☐ Extra pillow(s) - (neck, knees, ankles, lumbar)
- ☐ Humidification for your oxygen source
- ☐ Saline nose spray
- ☐ Fan
- ☐ Repositioning
- ☐ Warm bath or shower
- ☐ Gentle stretching
- ☐ Food or beverage
- ☐ Temperature adjustment

Entertainment

- ☐ Book (audio, large print)
- ☐ Magazine
- ☐ Movie
- ☐ Wi-Fi for your personal laptop or tablet
- ☐ Deck of cards
- ☐ Puzzle book (crossword puzzles, word searches, Sudoku)
- ☐ Notepad and pen
- ☐ Coloring book
- ☐ Board games
- ☐ Arts & crafts
- ☐ Favorite music
- ☐ Television
- ☐ Handheld electronic game
- ☐ Activity apron/blanket

Feel Better

- | | |
|--|--|
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Lollipop/Lozenges |
| <input type="checkbox"/> Wash face/brush teeth | <input type="checkbox"/> Chocolates |
| <input type="checkbox"/> Comb or brush hair | <input type="checkbox"/> Sunshine |
| <input type="checkbox"/> Shampoo/conditioner | <input type="checkbox"/> Prayer |
| <input type="checkbox"/> Scalp massage | <input type="checkbox"/> Pet visit |
| <input type="checkbox"/> Robe | <input type="checkbox"/> Put on favorite clothes |
| <input type="checkbox"/> Hair band | <input type="checkbox"/> Pedicure/Manicure |
| <input type="checkbox"/> Mouth swab/mouth wash | |
| <input type="checkbox"/> Lotion | |

Sleep

- | | | |
|--------------------------------------|---|---|
| <input type="checkbox"/> Ear plugs | <input type="checkbox"/> Eye shield/mask | <input type="checkbox"/> Weighted blanket |
| <input type="checkbox"/> Night light | <input type="checkbox"/> Television/Music/Sound machine | <input type="checkbox"/> Uninterrupted sleep time |
| <input type="checkbox"/> Quiet | | |

Use this space to list other ideas

– Ask staff about safety procedures for items brought into the facility. –