



We want to do everything we can to make you more comfortable and help control any pain. There are many ways to soothe your pain without using medications. Let your nurse know what items or activities might make you more comfortable by checking the boxes below.*

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

Relaxation

- Stress ball
- Massage/handheld back massager
- 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
- Neck or lumbar pillow
- Temperature adjustment

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
- Walking
- Gentle stretching
- Food or beverage

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
- Your favorite music
- Television
- Handheld electronic game
- Activity apron/blanket

Feel Better

- Lip balm
- Toothbrush/ toothpaste/dental floss
- Deodorant
- Comb or brush
- Q-tip/cotton swab/ nail file
- Shampoo/conditioner
- Scalp massage
- Robe
- Hair band
- Mouth swab/mouth wash
- Lotion
- Lollipop/Lozanges
- Chocolates
- Sunshine
- Prayer
- Pet visit
- Pajama (from home or from staff)
- Pedicure/Manicure

Sleep

- Ear plugs
- Eye shield/mask
- Quiet
- Night light
- Television/Music/ Sound Machine
- Uninterrupted sleep time

Other/Additional Info:

*Ask staff about special safety procedures needed if you bring in objects or materials from outside the nursing home.