



# COMFORT MENU

We want to do everything we can to make you more comfortable and help control any pain, discomfort, and/or anxiety. There are many ways to make you more comfortable without using medications. Your comfort is very important to us.

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
- Weighted Blanket
- Night light
- Television/Music/Sound Machine
- Uninterrupted sleep time
- Quiet

## Other/Additional Info:

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