

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	Comfort	Entertainment
<ul> <li>Stress ball</li> <li>Massage/handheld back massa</li> <li>Hand massage</li> <li>Visit from chaplain</li> <li>Reading visit</li> <li>Talking visit</li> <li>Relaxing music</li> <li>Soft background sounds/sound machine</li> <li>Guided Imagery Therapy: helpi you imagine positive and relaxi things</li> <li>Quiet/uninterrupted time</li> <li>Pet therapy</li> <li>Essential oils</li> <li>Darkness</li> <li>Neck or lumbar pillow</li> <li>Temperature adjustment</li> </ul>	<ul> <li>Ice</li> <li>Warm blanket(s)</li> <li>Warm washcloth</li> <li>Cool washcloth</li> <li>Extra pillow(s) - (neck, knees, ankles, lumbar)</li> <li>Humidification for your oxygen source</li> </ul>	<ul> <li>Book (audio, large print)</li> <li>Magazine</li> <li>Movie</li> <li>Wi-Fi for your personal laptop or tablet</li> <li>Deck of cards</li> <li>Puzzle book (crossword puzzles, word searches, Sudoku)</li> <li>Notepad and pen</li> <li>Coloring book</li> <li>Board games</li> <li>Arts &amp; crafts</li> <li>Your favorite music</li> <li>Television</li> <li>Handheld electronic game</li> <li>Activity apron/blanket</li> </ul>
<ul> <li>Toothbrush/ wash toothpaste/dental floss</li> <li>Deodorant</li> <li>Comb or brush</li> <li>Q-tip/cotton swab/ nail file</li> <li>Shampoo/conditioner</li> <li>Scalp massage</li> <li>Daba</li> </ul>	ch swab/mouth n oop/Lozanges olates hine er	

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



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