

Your Menu of Personal Comfort Items

Sleep

- Warm bath or shower
- Essential oil
- Darkness
- Night light
- Quiet
- Music
- No interruptions
- Herbal tea (resident supplied)
- Snack or sandwich
- Massage (as staffing permits)
- Television
- Sound machine (if available)

Relaxation

- Soothing sounds recording (if available)
- Stress ball
- Aromatherapy

Entertainment

- Adult coloring book
- Book (large print, audio)
- Magazine
- Deck of cards
- Reading visit
- Talking visit

Feeling Better

- Shampoo
- Scalp massage
- Toothbrush and floss
- Mouthwash
- Prayer (with willing staff member)
- Meditation
- Deep breathing
- Guided imagery
- Sunshine
- Chocolate
- Walking in the hallway
- Gentle stretching

Comfort

- Warm blanket
- Warm washcloth
- Extra pillows
- Ice pack
- Hand massage
- Neck pillow
- Temperature adjustment
- Lotion
- Lip balm
- Repositioning
- Straightening bed linens