Comfort Menu

Quality Improvement Organizations
Sharing Knowledge. Improving Health Care.
CENTERS FOR MEDICARE & MEDICAID SERVICES

HSAG HEALTH SERVICES ADVISORY GROUP

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

Check the 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
- ☐ Softer lighting
- ☐ Walking/change of scenery

Comfort

- ☐ Warm pack
- ☐ Cold pack
- ☐ Ice
- ☐ Warm blanket(s)
- ☐ Warm washcloth
- ☐ Cool washcloth
- ☐ Extra pillow(s)—(neck, knees, ankles, lumbar)
- ☐ Humidifier
- ☐ 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)
- ☐ Notepad and pen
- ☐ Coloring book
- ☐ Board games
- ☐ Arts and crafts
- ☐ Favorite music
- ☐ Television
- ☐ Handheld electronic game
- ☐ Activity apron/blanket

Feel Better

- ☐ Lip balm
- ☐ Wash face/brush teeth
- ☐ Comb or brush hair
- ☐ Shampoo/conditioner
- ☐ Scalp massage
- ☐ Robe
- ☐ Hair band
- ☐ Mouth swab/mouth wash
- ☐ Lotion
- ☐ Lollipop/lozenges
- ☐ Chocolates
- ☐ Sunshine
- ☐ Prayer
- ☐ Pet visit
- ☐ Put on favorite clothes
- ☐ Pedicure/manicure

Sleep

- ☐ Ear plugs/headphones
- ☐ Night light
- ☐ Quiet
- ☐ Eye shield/mask
- ☐ Television/music/ sound machine
- ☐ Weighted blanket
- ☐ Uninterrupted sleep time

Use this space to list other ideas.

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

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