

# Comfort Menu

Consider using comfort menus to identify non-pharmacological alternatives for pain management. Interview residents and/or their representative and circle all that apply, edit this tool to meet the needs of your residents.

## Example Comfort Items

## Enter Your Own



Lip Balm



Cold Pack



Additional Blanket

## Example Relaxation Options

## Enter Your Own



Quiet Time



Massage



Aromatherapy

## Example Comfort Activities

## Enter Your Own



Change Position



Walk



Bath or Shower

## Example Snacks & Beverages

## Enter Your Own



Water



Juice



Ice Chips