



Center of Excellence for Building Capacity in Nursing Facilities to
Care for Residents with Behavioral Health Conditions | SAMHSA

[Center of Excellence for Building Capacity in Nursing Facilities to Care for Residents with Behavioral Health Conditions](https://www.samhsa.gov/coe-building-capacity-nursing-facilities-care-residents-behavioral-health-conditions)

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Open with ▼

Comfort Menu

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

☒ Check items below that you are interested in trying...

| Relaxation | Comfort | Entertainment |
|--|--|---|
| <input type="checkbox"/> Stress ball <input type="checkbox"/> Hand massage <input type="checkbox"/> Visit from chaplain <input type="checkbox"/> Reading visit <input type="checkbox"/> Talking visit <input type="checkbox"/> Relaxing music <input type="checkbox"/> Soft background sounds/sound machine <input type="checkbox"/> Guided Imagery Therapy: helping you imagine positive and relaxing things <input type="checkbox"/> Quiet/uninterrupted time <input type="checkbox"/> Pet therapy <input type="checkbox"/> Essential oils <input type="checkbox"/> Darkness <input type="checkbox"/> Walking/ Change of Scenery | <input type="checkbox"/> Warm pack <input type="checkbox"/> Cold pack <input type="checkbox"/> Ice <input type="checkbox"/> Warm blanket(s) <input type="checkbox"/> Warm washcloth <input type="checkbox"/> Cool washcloth <input type="checkbox"/> Extra pillow(s) - (neck, knees, ankles, lumbar) <input type="checkbox"/> Humidification for your oxygen source <input type="checkbox"/> Saline nose spray <input type="checkbox"/> Fan <input type="checkbox"/> Repositioning <input type="checkbox"/> Warm bath or shower <input type="checkbox"/> Gentle stretching <input type="checkbox"/> Food or beverage <input type="checkbox"/> Temperature adjustment | <input type="checkbox"/> Book (audio, large print) <input type="checkbox"/> Magazine <input type="checkbox"/> Movie <input type="checkbox"/> Wi-Fi for your personal laptop or tablet <input type="checkbox"/> Deck of cards <input type="checkbox"/> Puzzle book (crossword puzzles, word searches, Sudoku) <input type="checkbox"/> Notepad and pen <input type="checkbox"/> Coloring book <input type="checkbox"/> Board games <input type="checkbox"/> Arts & crafts <input type="checkbox"/> Favorite music <input type="checkbox"/> Television <input type="checkbox"/> Handheld electronic game <input type="checkbox"/> Activity apron/blanket |

| Feel Better | Sleep |
|---|---|
| <input type="checkbox"/> Lip balm <input type="checkbox"/> Wash face/brush teeth <input type="checkbox"/> Comb or brush hair <input type="checkbox"/> Shampoo/conditioner <input type="checkbox"/> Scalp massage <input type="checkbox"/> Robe <input type="checkbox"/> Hair band <input type="checkbox"/> Mouth swab/mouth wash <input type="checkbox"/> Lotion <input type="checkbox"/> Lollipop/Lozenges <input type="checkbox"/> Chocolates <input type="checkbox"/> Sunshine <input type="checkbox"/> Prayer <input type="checkbox"/> Pet visit <input type="checkbox"/> Put on favorite clothes <input type="checkbox"/> Pedicure/Manicure | <input type="checkbox"/> Ear plugs <input type="checkbox"/> Night light <input type="checkbox"/> Quiet <input type="checkbox"/> Eye shield/mask <input type="checkbox"/> Television/Music/Sound machine <input type="checkbox"/> Weighted blanket <input type="checkbox"/> Uninterrupted sleep time |

Use this space to list other ideas

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



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