

# List of Comfort Measures & Pleasures while Preparing for VSED

Choosing to stop eating and drinking deprives a person of a major source of nutrition, energy, comfort, stimulation, and pleasure. Focusing on heightening the awareness of other senses can help reduce the loss of that fifth sense, can help distract the person from the discomfort of dry mouth and throat, while still providing comfort and pleasure.



VSED Resources Northwest

## Things to hear

- Conversation – about anything, familiar voices
- Hearing and retelling family stories
- Being read to: favorite books, poems, children's books, letters, cards, and newspaper
- Remembering out loud events from childhood, births, parenting, jobs, holidays, romance, challenges, celebrations
- Favorite radio program or announcer
- Podcasts, Pandora
- Listen to music: radio, CDs, singing, Threshold Singers, Therapeutic Harpist
- Make music – sing, keyboard, instrument, rhythm games
- Favorite types of music

## Around the room

- Room with a view
- Windows that can open for fresh air or sound of rain
- Drapes that can be opened or closed
- Overhead light
- Small lamps with soft light
- Candles
- Nightlight

## Places to sit

- Rocking chair
- Recliner
- Family chair
- Soft spaces

## Things to wear

- Favorite slippers
- Fuzzy Socks
- PJs
- Nightshirt or nightgown
- Shawl
- Favorite hat
- Gloves with or without fingers
- Scarf
- Bed jacket, Robe

## Things to touch

- Hands, faces, bodies of loved ones
- Little basket of natural things: feather, stones, shells, seeds
- Pets
- Stuffy
- Doll
- Blanket or shawl
- Cards and/or letters

## Things to smell

- Essential oils in a diffuser
- Aftershave cologne
- Loved one's perfume
- Burning candles
- Favorite soap
- Favorite body lotion
- Wood in a fireplace
- Fresh air
- Rain

## Do together

- Sit quietly and be present
- Cuddle in bed
- Hold hands
- Hug
- Body massage, foot massage, hand massage
- Manicure
- Put together puzzles
- Play card games, board games
- Write a legacy letter to grandchildren, best friends
- Draw

## Things to look at or watch

- View from window
- Pictures of cherished people
- Little basket of natural things: feathers, stones, shells, seeds
- Favorite pictures – of celebrations, milestones
- Looking at nature pictures together
- Comics
- Cards and/or letters
- TV or other electronica
- Favorite movies
- Projected light images

## Bed Dressings

- Clean sheets – sun dried, fresh
- Big down coverlet
- Favorite quilt or blanket
- Lots of comfy pillows
- Sheepskin