

# List of Comfort Measures & Pleasures for VSED



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

Please use the following suggestions to help select ways in which comfort and pleasure can be used to prepare for the days ahead. Complete it with a friend or family member. Let those who love and care for you know what comforts you.

## Things to hear

- Conversation – about anything, familiar voices
- Hearing and retelling family stories
- Being read to: favorite books, poems, favorite children’s books,
- letters, cards, and newspaper
- Remembering events from childhood, births, parenting, jobs, holidays, romance, life challenges, celebrations
- Favorite radio program or announcer
- Podcasts, Pandora
- Listen to music: radio, CDs, singing
- Call Threshold Singers to come and sing at bedside
- Hire a therapeutic harpist
- Make music – sing, keyboard, instrument
- Favorite types of music through one’s lifetime

## Things to see, observe, watch

- View from window
- Pictures of cherished people
- Little basket of natural things: feathers, stones, shells, seeds
- Favorite pictures – of celebrations, milestones, people, pets
- Look at pictures together, in photo album
- Comics
- Cards and letters, saved or new
- TV or other electronics
- Favorite movies
- Projected light images
- Fish in aquarium
- Fire in a fireplace

## Things to smell

- Essential oils in a diffuser
- Aftershave cologne
- Loved one’s perfume
- Flowers

### **Things to smell, cont.**

- Burning candles
- Favorite soap
- Favorite body lotion
- Woodburning in a fireplace
- Fresh air, rain

### **Things to touch**

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

### **Things to do together**

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

### **Bedclothes**

- Clean sheets
- Big down coverlet
- Favorite quilt or blanket
- Comfy pillows
- Sheepskin

### **Places to sit**

- Outside chair, swing, hammock
- Rocking chair
- Recliner or couch
- Favorite chair

### **Create a nest**

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

### **Things to wear**

- Favorite slippers
- Fuzzy socks
- PJs, nightshirt, nightgown
- Shawl, scarf
- Favorite hat
- Gloves, with or without fingers
- Bed jacket, robe