

Comfort Plan: Guidelines for Staff

1. Introduction to client:

- A comfort plan is a way of identifying strategies you can use to cope with intense emotions. This is a plan made by you to help you feel comfortable and safe
- By filling out a comfort plan, both you and the staff here will have better awareness of:
 - The main challenges you experience
 - What strong emotions look like and feel like when you experience them
 - How you can deal with those challenges and intense emotions; and
 - How staff can help

2. Fill out the comfort plan:

- Encourage the client to contribute as many ideas as possible and to do the writing, if they are able, to better gain a sense that the comfort plan is their own
- Ideas from community teams/families are welcome at client's consent
- For **page 1**: "when a challenge happens...what it looks like/feels like" discuss how emotions are on a spectrum. A crisis/trauma happens when emotions are so strong that the emotion goes outside the window of tolerance and may feel unmanageable
- For **page 2** "when a challenge happens...what to do/how others can help" use the Comfort Plan Guide on **page 3** for ideas
 - Discuss how the more we learn what "level" our emotions are at, the more control we gain in making them more manageable
 - Discuss how there are things we can do and others can help with to manage emotions and how these strategies may be different depending on how intense the emotions are
 - Strategies may change over time and the comfort plan can be revised

3. Discuss use of the comfort plan:

- **Client** can hang **page 2** on their wall or keep it in an accessible place to remind them of all the things they can do when a challenge arises
- **Staff will:**
 - Keep comfort plan in Kardex next to care plan
 - Use it to help **client** deal with challenging emotions
 - Review it during morning huddle if the **client** is having difficulties
 - Review/update it during icare with team
 - Review/update it with **client** during IDrounds
 - Review/update it with **client** after a crisis or code white as part of the debrief

4. Wrap up:


- Thank you for filling out your comfort plan. Remember this is for you to help you feel more comfortable and safe. If it isn't working, just let us know so that we can find strategies that do work

Comfort Plan

Name: _____ Date: _____

A comfort plan is a way of identifying ways to cope with intense emotions. This plan is made by you to help you feel comfortable & safe.

When a challenge happens:

	What I can notice	What others notice	What I can do	How others can help
I am in crisis 				
I am feeling a bit angry/anxious 				
I am feeling good 				

Comfort Plan Guide

When a Challenge Happens... WHAT TO DO

People <ul style="list-style-type: none"> • Talk or sit quietly with a staff member • Something others can say to help me calm down is: _____ • Talk to another resident/friend • Call a supportive friend or family member • Be around other people 	Places <ul style="list-style-type: none"> • Sit by the care team station • Go to my room • Go outside • Be in soft/low light • Go to a quiet space • Sit in the TV room
Strategies <ul style="list-style-type: none"> • Breathing techniques • Grounding exercises • Distraction activities • Hope statements • Naming my goals • Mindfulness • Progressive muscle relaxation • Guided imagery • Meditation • Body scan • Positive affirmations • Yoga 	Activities <ul style="list-style-type: none"> • Listen to music/radio • Go for a walk • Run/exercise • Spend time with a pet • Spend time alone • Write/journal/read/do art • Stretch/do yoga • Clean my room or do something to stay busy • Play music • Watch TV • Do a word search/crossword/Sudoku
Calming/comforting sensory ideas <u>Touch & Temperature</u> <ul style="list-style-type: none"> • Wrap myself in a warm or heavy blanket • Drink a cup of tea or warm milk <u>Auditory/Listening</u> <ul style="list-style-type: none"> • Listen to soft/slow music • Relaxation or meditation CDs <u>Vision/Looking</u> <ul style="list-style-type: none"> • Look at pictures that calm me • Watch things in nature (trees, clouds) <u>Olfactory/Smelling</u> <ul style="list-style-type: none"> • The smell of herbal tea or mint • The smell of chocolate • The smell of baking or other food <u>Gustatory/Tasting/Chewing</u> <ul style="list-style-type: none"> • Drinking tea • Chewy toffee or candy • Chocolate • Chewing gum 	Alerting/distracting sensory ideas <u>Touch & Temperature</u> <ul style="list-style-type: none"> • Lie down with a cold face cloth or ice • Splash cold water on my face • Have a cold drink <u>Auditory/Listening</u> <ul style="list-style-type: none"> • Listen to loud/fast music • Be around people talking <u>Vision/Looking</u> <ul style="list-style-type: none"> • Look through magazines • Go to Voucher Village or Burnatigue <u>Olfactory/Smelling</u> <ul style="list-style-type: none"> • The smell of coffee • Citrus smells • Shower with good smelling soap <u>Gustatory/Tasting/Chewing</u> <ul style="list-style-type: none"> • Drinking something carbonated • Strong mints • Crunchy foods • Sour candy or fruit

