

# Poster of Nonpharmacologic Items

Item	Use	How to obtain	Approximate cost
<p>Eye mask</p> 	Improve sleep		
<p>Ear buds</p> 	Block out extraneous noise to promote sleep and rest		
<p>Hearing amplifier</p> 	Enhance hearing		
<p>Electronic tablet</p> 	Music, games, information		
<p>Word search</p> 	Cognitive activity		
<p>Adult coloring</p> 	Cognitive activity		
<p>Jigsaw puzzle</p> 	Cognitive activity		
<p>Realistic baby doll</p> 	Calming, sense of purpose		
<p>Stuffed animal</p> 	Calming, comfort		
<p>Activity apron</p> 	Tactile stimulation, calming		