



Encircling Hold

How it Helps

- Eases stress and the person feels trusting, safe and cared about.
- Communicates listening.

1. Support the forearm and cradle the shoulder with your other hand.
2. Listen attentively.



Hand Massage

How it Helps

- It's calming and decreases agitation.
- Builds trusting relationships.

1. Support the arm with a pillow.
2. Warm the hand.
3. Apply lotion.
4. Turn hand on its side and massage palm-to-palm.
5. Turn hand palm up. Gently press thumbs into all fleshy areas of the palm.
6. Turn hand palm down. Massage each finger.
7. Wipe off any excess lotion.
8. End with Flowing Stroke. Start at the shoulder; glide your hands down the arm and off the hand. 3 or 4 times.

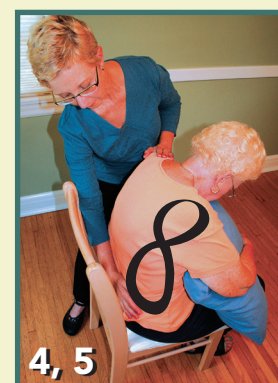


Slow Stroke Back Massage

How it Helps

- Aids sleep
- It's soothing and relaxing
- Decreases restlessness and agitation

1. Place pillow across chest to support arms.
2. Start with focused touch, then move behind.
3. Warm shoulders and upper arms with flowing strokes.
4. Stand to the side and have her lean forward.
5. Apply a rhythmic, flowing figure-8 stroke to the side of the back opposite from where you are standing, covering entire shoulder and hip area.
6. Move to other side and repeat.
7. End face-to-face with focused touch.



Foot Massage

How it Helps

- Deeply relaxing.
- Eases physical agitation and anxiety.
- Promotes sleep.

1. Warm the foot and apply lotion.
2. Palm-to-sole-stroke.
3. Alternating stroke.
4. Circles around ankles and on the top and sides of leg.
5. Repeat palm-to-sole-stroke.
6. Flowing strokes from knee to foot.
7. Repeat sequence on other side.
8. End with a bi-lateral flowing stroke.

Helpful Hints

1. Center yourself.
2. Engage the person's attention. "Can I join you?"
3. Be sure it's ok to touch.
4. Pay attention to any non-verbal reactions.
5. Touch + Presence = Compassionate Touch®