

# Comfort and Positioning Planner

Print out for your use

---

*A daily and weekly planning sheet for families and carers*

Maintaining comfort throughout the day helps reduce pressure on vulnerable areas of the skin. This planner helps track positions, routines, and comfort observations.

---

## Daily Comfort Plan

**Preferred resting positions:**

.....

.....

**Areas supported with cushions:**

.....

.....

**Positions used today:**

- ☐ Lying on left side
  - ☐ Lying on right side
  - ☐ Sitting upright
  - ☐ Reclined sitting
  - ☐ Resting in bed
  - ☐ Other: .....
- 

## Repositioning Schedule

Tick each time a change of position takes place:

**Pressure Sores Information**

<https://pressuresoresadvice.co.uk>

**Morning:**

- ☐ Change 1
- ☐ Change 2

**Afternoon:**

- ☐ Change 1
- ☐ Change 2

**Evening:**

- ☐ Change 1
- ☐ Change 2

**Night (if needed):**

- ☐ Checked
- ☐ Adjusted

---

## Comfort Checks

Use these prompts:

**Does the person feel comfortable?**

- ☐ Yes
- ☐ No

**Are cushions in the correct place?**

- ☐ Yes
- ☐ Needs adjusting

**Is bedding smooth?**

- ☐ Yes
- ☐ Needs smoothing

**Any signs of early skin changes?**

- ☐ Yes
- ☐ No

Notes:

.....

**Pressure Sores Information**

<https://pressuresoresadvice.co.uk>

.....

---

## Weekly Review

**What worked well this week?**

.....

**Any positions that caused discomfort?**

.....

**Changes to try next week:**

.....

### Useful Guides:

- **Daily Life and Comfort Guide** - <https://pressuroresadvice.co.uk/daily-life-and-comfort/>
- **Safe Care Routines** - <https://pressuroresadvice.co.uk/safe-care-routines/>
- **Prevention Basics Guide (PDF)** - <https://pressuroresadvice.co.uk/pdf/prevention-basics-guide.pdf>