

## Personal Belongings – Long Term Care

SJHCG takes every effort to make your stay with us as comfortable and safe as possible. Clients are encouraged to personalize their living space with personal items such as photos and/or a favourite bedspread or comforter. A locked glass 'memory box' is located outside the door of each room where clients can display significant items of memorabilia.

Furniture and electronics must be approved to meet the organization's policy and your care needs before brought into the facility. Furniture placement and/or removal is at the discretion of the organization to meet the safety concerns of staff/clients for the provision of care. The Maintenance staff is happy to hang any pictures. Nails and thumbtacks are not permitted on the walls. All personal items brought in will be labeled.

We encourage clients to be selective when deciding which personal items to bring with them. SJHCG is not responsible for lost or damaged personal belongings or valuables.

### Clothing

Generally speaking, clothing should be washable, comfortable to wear, and loose-fitting. As clothing is laundered at least once per week, clients are encouraged to bring enough clothing to last for a one- to two-week period, based on their individual hygiene and health needs.

Suggested items to consider bringing include:

- Underwear
- brassieres and/or undershirts
- dresses and slips (if appropriate)
- pants and/or trousers
- sweaters, shirts/tops to wear with pants and/or trousers
- cardigan sweater(s) and/or sweatshirt(s)
- socks and/or pantyhose
- nighties and/or pyjamas
- housecoat(s) and slippers
- at least one pair of supportive shoes with rubber soles
- a coat or jacket and a hat
- mittens or gloves and boots (if applicable)

For the convenience of our clients, we organize regular visits from companies that specialize in adaptive clothing (clothes designed to make dressing/undressing easier for people with special physical needs). Information about the suppliers of adaptive clothing and the next scheduled clothing sale can be obtained from the Recreation Therapy Program or each neighbourhood's Team Lead.

Due to limited storage space, 'out-of-season' clothing should be stored with the client's family.

### Toiletries

Basic toiletry items such as hand soap and body lotion are provided; however, clients are welcome to bring in preferred items from home. Clients are asked to bring in their own additional toiletry items including deodorant, make-up, mouth care products, hairbrush, comb, mirror, shampoo, electric razor, hand cream, nail care kit, incontinence products if required.

SJHCG is a scent-free facility. Please do not bring perfumes or scented products.

### **Assistive Devices**

If clients use a walker, cane, or wheelchair, they are asked to bring these items with them. Also bring dentures, eye glasses, hearing aids, and/or ostomy supplies and ensure these items are marked for identification before admission to SJHCG and when new items of this kind are purchased.

### **Incontinence Briefs**

Clients who require incontinence products will be assessed by trained members of our nursing staff to ensure that they receive a product that is best suited to their needs.

### **Televisions and Electrical Appliances**

Hand-held hair dryers are available on each neighbourhood, but clients can bring their own. Electric razors are recommended over the manual kind.

Clients can also bring their own radio, other musical device, or fan. However, before any of the electrical equipment listed is used, it must be:

- marked or labelled with the client's name; and,
- certified by our electrician to ensure that the item is safe for use.

Clients can arrange to have cable television services by contacting the Business Office and providing the required information. Please note that television services cannot be provided by an external company, as there is an internal contract already in place. A flat screen TV will be provided as part of the TV Service. The size of the TV cannot be altered. If you have shared accommodation, we request that you purchase wireless headphones.

### **Telephones**

There are telephones on each neighbourhood that clients can use or they can also arrange to have a personal line installed in their bedroom. Clients should contact our Business Office and telephone service provider directly to activate their personal service. Once the telephone is in service, the provider will bill clients directly for the cost of installation and any subsequent monthly or long-distance charges. To make a long-distance call from a neighbourhood phone, clients will need a calling card.