

## **SUGGESTED CLOTHING LIST FOR NEW ADMISSION**

### **FEMALE**

- One housecoat/robe
- One pair of sturdy slippers (non-slip sole)
- One pair of shoes
- Six pair of socks (cotton) – no tight elastic at top of stockings
- Five nightgowns
- Six dresses (washable) and/or slacks and tops/jogging suits
- Two sweaters (washable)
- Glasses, hearing aids, dentures (will be labeled by staff)
- Six changes of underwear, bras/vests
- Slips if worn
- Cosmetics/costume jewelry

### **MALE**

- One dressing gown
- One pair of shoes (eg. Running shoes with Velcro closures, flat with sturdy support) NB-washable shoes are preferred.
- One pair of slippers (non-slip sole)
- Five pairs of pajamas
- Six changes of underpants and undershirts
- Six pairs of socks (cotton) – no tight elastic top
- Six pairs of trousers (washable) and/or jogging suits
- Six shirts
- Two sweaters (washable)
- One belt or suspenders
- Electric razor (\*\*Have our staff label this)

If the resident is able/allowed to go outside, please include minimal outdoor clothing (for example, hat, coat, gloves, and boots).

Please ensure that all clothing is machine washable if the home is to care for the clothing. All items must be labeled.

**WE ADVISE THAT ALL VALUABLES BE LEFT AT HOME**

## **Resident Safety – Personal Effects**



Each resident of Southlake Residential Care Village has the right to keep personal possessions in his or her own room. After all, what kind of home would it be without them?

For the safety and security of all residents, however, there are some guidelines that must be followed when it comes to how personal effects and food items are handled in a long term care setting

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### **What is NOT allowed?**

#### Personal Effects

- Talcum Powder
- Mouthwash with alcohol
- Bar soaps
- Razors
- Nail Polish / Remover
- Hair Colouring Products

### **Hazardous or Toxic Substances**

- Cleaning chemicals
- Laundry detergent / bleach
- All Flammable material
- All aerosol cans
- Plug in Air Fresheners/Solid Air Fresheners

### **Medication**

- Over the counter medication
- Vitamins
- Herbal treatments
- Ointments

### **Other Items**

- Alcoholic Beverages
- Humidifiers
- Electric Blankets or heating pads
- Needles / Knitting Needles
- Perishable food items
- Scissors / Knives
- Latex products

### **What is allowed?**

- Liquid soap in dispenser
- Toothpaste
- Creams
- Lotions
- Mouthwash without alcohol

- Make – up
- Chapstick / Lip balm

**Suggested Safe Gifts for residents**

Old standby gifts, like talcum powder and fuzzy slippers, unfortunately are safety or infection control issues. Here are some suggestions for gifts that are safe:

- All from “What is Allowed”
- Wall calendar with large print
- Stationary and stamps
- Framed photos or photo album
- Plant or silk floral arrangement
- Large button telephone or remote
- Small bulletin board
- Sun catchers
- CD Player / CDs of favourite music
- Sweater, shawl or lap blanket
- Crossword / Word-search
- Comforters for beds (washable)
- Costume jewelry