



## **Personal Care Items: 1D Rehabilitation Unit**

### **Welcome to Our Unit!**

Patients are encouraged to do as much for themselves as possible. Family members should be involved with the rehabilitation process. Together our goal is to work toward independence and maximum functioning.

Here is a list of personal care items and clothing you will need.

### **Supplies:**

- Kleenex
- Skin Lotion
- Soap
- Toothbrush, toothpaste, denture tabs
- Mouthwash
- Shampoo and conditioner
- Deodorant
- Lip gel
- Cosmetics for females
- Comb or Brush
- Shaving equipment
- Laundry Detergent (washer and dryer is available on the unit)

### **Clothing:**

- 2 pairs of loose fitting pajamas
- 3 changes of clothing (preferably track suites or loose pull-on pants and tops)
- 3 or more loose fitting socks
- 3 or more changes of underwear (brassieres, undershirts, underpants)
- 1 sweater
- 1 pair of shoes with good support and non-slip soles

Our Rehabilitation program utilizes a multidisciplinary approach to assess and treat individuals in an environment which promotes family participation and independent functioning. Please feel free to ask any questions!