

Cascade Park Gardens Memory Care

First off, let's start with the list of items we cannot have in memory Care:

1. No open burners, no hot plates, no microwaves, no candles
2. No portable space heaters
3. No electrical extension cords
4. No scissors or knives or anything sharp that could be used as a weapon
5. No blade razors, only electrical razor for shaving
6. no décor with loose rocks
7. no live flowers of any kind unless we positive they are non-toxic
8. No family mementos/expensive items like jewelry, residents lose them, flush them in the toilet, throw them in the trash. It's memory care and we cannot be responsible for valuables/mementos.

Here's a general list of items to bring:

Clothing: Use a permanent marker to mark last name on items 😊

1. 10 days of clothing including socks & underwear, planning for the seasons so light to warm
 - a. Avoid shirts with lots of buttons is a good rule of thumb
 - b. Try to get pants that have Velcro/ability to move around in them vs. tight jeans with no "give"
 - c. Get 1pair of nice sweat pants/sweat shirt
 - d. Get 2 set of pajamas –They may have buttons – if so, our staff can just help him put shirt on at night
2. 1 jacket for fall/winter
3. 1 pair of shoes at a time to eliminate risk of loosing them, keep a second pair for back up in the car or at home. Non-skid shoes, no slippers please (these can cause falls).

Bedding: Use a permanent marker to mark last name on items 😊. If Medicaid, we can provide all basic bedding. If you wish to bring your own, we recommend:

4. 3 sets of sheets in case of an incontinent accident, we can wash sheets and have spares available
5. 2 bed spreads – maybe a warm one for winter and light one for summer??
6. We will provide all towels
7. We will provide all shower curtains
8. 3 blankets, such as a light blanket for summer use, heavier one for winter, etc.
9. 3 pillows, different lengths or fluffy vs firmness

Personal Hygiene:

10. Electrical razor only, no blade razors
11. We can provide personal hygiene items such as toothbrush, paste, comb, deodorant, shampoo/conditioner, denture cleaning
12. We will provide toilet paper

Furniture:

We can provide full furniture but no TV – please let us know in advance what you need.

1. Twin Size bed – if tall, maybe a California Twin?
2. Dresser, Recliner chair
3. Side table/night stand + lamp
4. TV + any DVD's: we discourage families bringing a TV, so please talk with us in advance to discuss

The Extras:

1. Any artwork + any photo albums
2. Anything reminding him or her of passions/hobbies – i.e. trinkets around the house?
3. Perhaps a small shelf we can drill into the wall to hold any trinkets/memories