

# What to Bring to Shepherd Center – Fact Sheet

## A Checklist for Patients and Family

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Having some of your personal items from home can make you feel more comfortable during your stay at Shepherd Center. This could mean bringing your books and photographs or a favorite T-shirt and sweater. The checklist below will help you pack for your stay at Shepherd.

### Items to Bring:

- Toothbrush and floss
- Comb or brush
- Shaving supplies
- Deodorant
- Makeup
- Shampoo and other hair care products
- Hair dryer
- Eyeglasses and/or contact lenses
- List of your current home prescription and over-the-counter medications, including name, dosage, administration times, and any allergies. **DO NOT BRING** the medications themselves. To ensure your safety, your clinical team will reconcile your current medications with any new ones they may order and distribute all medications from the hospital pharmacy.
- Shepherd Center can provide some personal care items, if needed.

### Medical Records to Bring:

Please get personal copies of your imaging (results from X-rays, ultrasounds, CT scans, and MRIs) from your current and previous hospitals where you have received care and bring them with you to Shepherd Center.

You can typically get copies of your imaging results from the radiology department or medical records/health information management (HIM) department at the hospital where your loved one is receiving care.

If you have any questions, please contact your access case manager.

### For Medical/Surgical Patients:

If you are scheduled for surgery, bring pajamas or other comfortable clothes for your hospital stay.

### For Rehabilitation Program Patients:

Rehabilitation patients will get up and get dressed every day for therapy. You will need an assortment of comfortable, loose-fitting clothes. Be sure to label all clothes with your name in permanent marker.”

### Clothing Suggestions:

- Pajamas
- Pants or shorts with elastic waistband, such as cotton or nylon sweatpants (consider going up one size)
- Comfortable, stretchy, oversized V-neck shirts
- Lightweight jacket
- Swimsuit (optional)
- Socks
- Undergarments
- Athletic shoes
- Outdoor wear during the colder months, including warm jacket, heavy sweater and hat

If additional clothes and/or personal items need to be purchased after the patient has admitted, family members can request a free ride from Family Support Services at 404-367-1351 to take them within a 3-mile radius of the hospital on weekdays. The request must be made a full business day in advance of the day of the errand.

Washers and dryers are available on each floor for patient use. Free Wi-Fi is also available.

As your rehabilitation progresses and you begin participating in community outings, you will need more usual daily wear. For these outings, you will need the regular clothes you wore before your hospital stay, such as casual pants and shirts, skirts or dresses and everyday shoes.

### What Not to Bring:

- Valuable jewelry, expensive electronic items or large amounts of cash
  - We recommend that no more than \$10 be kept in your room at any time.
  - Shepherd Center cannot accept responsibility for lost items.
  - A small safe is available in patient rooms for the limited valuables you bring.
- Heaters, heating pads, or equipment for food preparations and storage
- Firearms, tasers or other weapons
- Pets
- Cigarettes, cigars, pipes, e-cigarettes and vaping devices
  - Shepherd Center is a non-smoking facility.



Shepherd Center