



## 2011 BGR In-Home Care Kit

### How do these items help?



**5-Gallon Bucket and Lid** - This 5-gallon bucket is not just a container for the kit but will be used for a variety of essential tasks. Most recipients live in rural settings where the bucket will protect food from rodents and insects, as well as spoilage. It will be used to carry and store water for cleaning, cooking and bathing. It is a very practical and versatile item.

**Multi-Vitamins** - The kit includes a 200 day supply of multi-vitamins. These are used to help bolster the immune system of the patient. With full blown AIDS the immune system is shutting down and not able to fight diseases. Multi-vitamins strengthen the body and increase the resistance to common illnesses.

*Note: We are requesting specific brands and quantities due to customs regulations and the need for uniformity.*

**Dove Unscented Sensitive Skin Bar Soap** - Skin problems are very common for those with end stage AIDS. Anti-bacterial and other strong soaps can irritate their skin. This mild bar soap will help a caregiver keep the patient clean without causing pain to their already sensitive skin.



**Carmex Lip Balm** – These two tubes of lip balm will help soothe the dry, chapped and cracked lips of the patient. Mouth and lip ulcers are very common to those with AIDS and this lip balm brings much needed relief.

**Latex Free Disposable Gloves** – This box of 50 gloves will assist and protect the caregivers as they care for the needs of the patient. Oozing and bleeding sores often form on the feet, legs and arms of the patient. Caregivers must protect themselves from bodily fluids so that they do not contract HIV.



**Unscented Petroleum Jelly** - Petroleum Jelly is used to soothe and heal dry cracked skin, especially on the hands and feet. Many who live in rural areas sleep on straw mats on the floors of their huts or in very simple beds. Most have no heat or air conditioning. Consequently, their homes have frequent and large temperature fluctuations. Dry, scaly and cracked skin is common.

**Fingernail Clippers** – Those who are bed ridden and terminally ill are not able to care for their own nails, and most in rural settings do not have clippers for the caregiver to use. These clippers assist the caregiver in trimming the finger and toe nails in a sanitary manner.

**Toothbrushes and Toothpaste** - Toothbrushes are a luxury in many of the locations these kits are used. Many use twigs from trees or rags to clean their teeth. For someone who is not able to brush their own teeth a toothbrush and toothpaste greatly assists their caregivers in providing proper oral hygiene. Soft bristle toothbrushes are especially needed for those with mouth ulcers.

**Unscented Body Lotion** – Skin issues are very common for those living with terminal illnesses. Being bed ridden and incontinent can cause severe skin problems. After using mild soap to bathe the patient, caregivers will apply this unscented body lotion to moisturize and protect the skin. It is an item that brings comfort to those who are hurting, and needs to be unscented so as not to irritate sensitive skin.

**Thin Cotton Towel** – This towel must be thin and cotton so that it will dry quickly in the sun or in the house. It will be used primarily to dry the patient after bathing and may need to be washed and dried several times a day.



**Thin Washcloths** - These also must be thin to allow them to dry quickly. They are used to bathe patients and to spot clean areas with sores. Four washcloths are needed because they will be used multiple times each day and must be washed and dried between uses.



**Waterproof Multi-use Pads** – Most of the patients who receive kits will be terminally ill and many will be bed ridden. These pads are to protect their sheets and sleeping mats or mattresses from becoming soiled. There are two washable pads provided so that one can be cleaned and dried while the other is in use. This assures that the patient can always have a clean, dry pad.

**Twin Flat Sheets and Pillowcases** – Many patients do not have mattresses, and fitted sheets do not work well on the grass mats that most use for sleeping. These flat, cotton sheets give a clean, soft layer under the body that makes the patient feel better and provides a layer between the vinyl mattress protector underneath. In order to bring a more cheerful environment to an otherwise dreary room we ask for bright colors. We ask for two so that one can be washed and dried while the other is in use.

**Twin Vinyl Mattress Protector** - This is used to protect the grass mat or mattress from being soiled due to the incontinence of many patients. In some cases there is no one to assist the patient on a regular basis to go to a toilet, and they are not able to go alone. This is a very common problem for those terminally ill in rural settings.

**Latex Non-disposable Gloves** – These gloves provide the caregiver a heavier pair of gloves to use for cleaning the home and washing the patient's soiled clothing and linens.

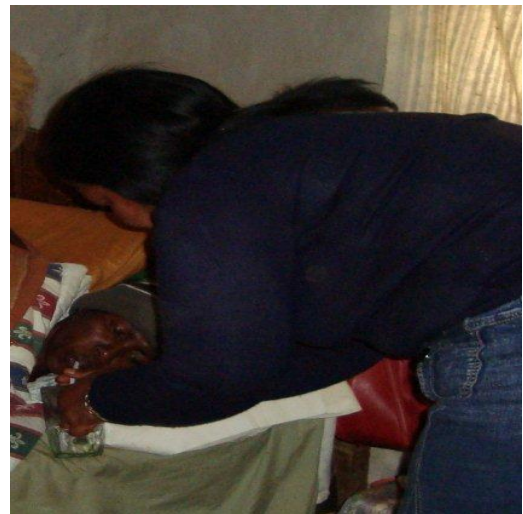




**Scrub Brush** – A scrub brush is a much needed item in almost any household where laundry is washed by hand. This is also for use on surfaces that are more difficult to clean as well as for scrubbing mats, mattresses, pads and linens that are soiled. It is NOT for use on the patient.

**Cotton Socks** - For many who are bed ridden cold feet are a constant irritation due to decreased circulation. These socks keep cold feet warm and are greatly appreciated by the patients. We ask for two pairs so that one can be washed and dried while the other pair is in use.

**Drinking Straws** - Many times patients in their last stages of a terminal disease are not able to sit up to take medication, and in rural areas liquid forms of medicines are generally not available. Pills are crushed and mixed with water and these bendable drinking straws assist the patient in swallowing their medicine. Also in end stage AIDS, a patient's mouth is commonly full of ulcers and sores that make drinking from a cup very difficult.



**13-Gallon Garbage Bag** - When a kit is delivered the bucket is often needed immediately for carrying water or for storing food. This garbage bag allows the contents of the kit to be stored inside the bag while the bucket is in use. It needs to be a good quality sturdy garbage bag and should be packed on the top of the items in the kit (as shown in the instructions) so that it can be used as soon as the kit is opened.