

# End PJ Paralysis

Get up. Get dressed. Get Moving.

## Laundry Tips

- Patients are encouraged to bring in their own clothing to wear in hospital.
- Clothes should be labelled, clean and comfortable.
- Families are responsible for laundering their hospitalized loved one's clothing by simply using a normal wash and dry cycle.
- If a patient is not able to bring in their own clothing, speak to any staff member about how to get clothing supplied for them.



**Pyjamas say you're unwell.  
Clothes say you're getting better.  
Ask your care team about making a plan,  
together.**