

**East Ridge Residential Care  
43 Preston Avenue  
Meriden, CT 06450  
203-634-0564**

**RESIDENT RULES AND POLICIES**

The following is a list of Rules and Regulations that apply to all residents of this facility. They were adopted to enable both residents and staff to live and work effectively together to ensure residents better health and well being, provide a home that is always clean, safe, secure and home like, and ensure the rights and property of all residents, staff, and visitors are respected at all times.

**RULES AND REGULATIONS**

Residents agree to:

1. Show respect and act appropriately to all residents, staff, and visitors at all times. No verbal, physical, sexual or emotional abuse toward any person(s) will be tolerated. The use of obscene language or actions is forbidden.
2. Not to enter another resident's room or touch the personal belongings of another resident without approval by the resident.
3. Handle any disagreements and/or problems with other residents or staff in an adult manner. Residents should bring problems to the attention of the Administrator immediately. If the problem can't be resolved with the Administrator, resident should notify the local Ombudsman.
4. Maintain personal hygiene at all times by conveying a clean, neat and well-groomed appearance. This requires you to bathe or shower at least twice a week.
5. Be on time for medications and take all medications prescribed by their physician.

6. Smoke in the designated areas and to never smoke inside the facility. All cigarettes must be turned in by 9:00 p.m. each evening.
7. Not to use and/or possess alcoholic beverages or illegal substances inside or outside the premises. Abusing or taking non-physician ordered drugs are grounds for discharge.
8. Consume all food, drink, etc. in the dining room area. There is absolutely no food, drink, etc. allowed in the resident's rooms, with the exception of clear water.
9. Not to keep electrical appliances within their rooms, except for radios and televisions. No extension cords are permitted.
10. Not to tamper/handle with any belongings and/or equipment of the facility.
11. Sign in and out when leaving the premises. Staff must be advised in advance of any overnight leaves.
12. Not to loiter around local restaurants, stores, or shops.
13. Meet with visitors between 9:00 a.m. and 9:00 p.m. daily in the lobby, dining room, community room, and outside areas. Trips with families and friends are encouraged.
14. Not to walk off the property before 9:30 a.m. due to the heavy flow of traffic on Preston Avenue at this time.
15. Be within the facility at 9 p.m. between June 1 through September 1. Between September 1 and May 31, residents must be inside by 8 p.m.
16. Turn over their state and federal checks to the facility. State assisted residents are not allowed to handle their federal and state monies. All checks must be signed over to the facility by the 3<sup>rd</sup> of each month.
17. Allow their unclaimed possessions to be discarded after 30 days of his/her departure from the facility.
18. Give a written 30-day notice prior to vacating the facility.

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I have fully read and understand the above rules. I realize I am subject to a 30-day notice of discharge if I break any of these rules.

\_\_\_\_\_  
Resident Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness's Signature

\_\_\_\_\_  
Date