

Medicines... Take a memo!

Tips to help you remember

This leaflet has been designed to help you in the transition to independence and adulthood. The tips were suggested by young people themselves who understand the importance of taking their medications.

It's your life, know how to enjoy it!

Above all...

- Know information about your medications – why you take them, what they are for
- You have been prescribed medications for a specific reason – you could be at risk if you miss a dose
- Know how to order a repeat prescription – don't leave it too late to order fresh supplies
- Be independent whenever you can, there won't always be people around who can help you
- If you have any problems taking your meds, talk to your team sooner rather than later – they're here to help

If you have any questions about your medications, please contact your team.

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Choose what works best for you!

Bright ideas

As a young person you are likely to have loads going on in your life. Dashing off to the next party, shopping spree, latest film or just relaxing. Use some of these tips to help you to remember when to take your medications.

Routine...

- Getting into a routine is one of the best ways to ensure you don't forget your meds.
- Base meds around meal times
- Take them as soon as you wake
- Link med times with daily routines – brushing teeth, TV programmes, breaks at school
- Leave them by things you use in the morning – mirror, toothbrush

Reminders

- Use a dosette box – you will be able to see if you have taken your dose
- Set multiple alarms or reminder notes on your mobile
- Download an app like Wellnote and use the medication reminder function
- Ask friends and family to help remind you
- Keep a diary/planner and tick off the dose once you have taken it
- Look for pill/dosette boxes that have inbuilt alarms
- If you are at the computer a lot, set a task schedule to send a reminder

General tips

- If you take meds at school take a week's supply with you every Monday but only if you have somewhere secure to keep them
- Arrange your meds once a week for the week ahead in a dosette box which you can get from Boots or other good pharmacies
- Make a laminated reminder card and put it on the back of your front door to remind you to take your meds with you
- If you are staying out late, always take meds with you and maybe take spares
- Ask your friends if they mind you leaving spare meds at their home

