

Managing Medication

Some people experience difficulties taking medications prescribed by their doctor. Here are some ideas and assistive devices that may assist people to overcome these difficulties.



Keep medications in a safe, secure place away from children. This place also needs to be easily accessible for the person taking the medication.

Have a card, chart or list of medications which clearly states what tablets are taken, how much and when, and shows the names of your doctor and pharmacist. Keep it on the fridge, next to the phone or where it can be easily found by you and others.

Know what to do if you miss a dose – check with your doctor or pharmacist.

Things to Consider

Check with your pharmacist:

- Before crushing or cutting pills/ tablets
- Before storing pills together or storing medications out of their original packaging
- To see whether medications need to be stored in the fridge

Medication Reminders

Alarms

- Choose an alarm system that can be set to alert you at different times of the day. Some alarms can be set to beep or vibrate. They may also have a display which lights up. Some include pill/tablet compartments and others, e.g. watches, only give time alerts.
- A battery-operated talking clock with recordable voice memos can provide up to four alarms daily or weekly. They are recorded messages at alarm times.



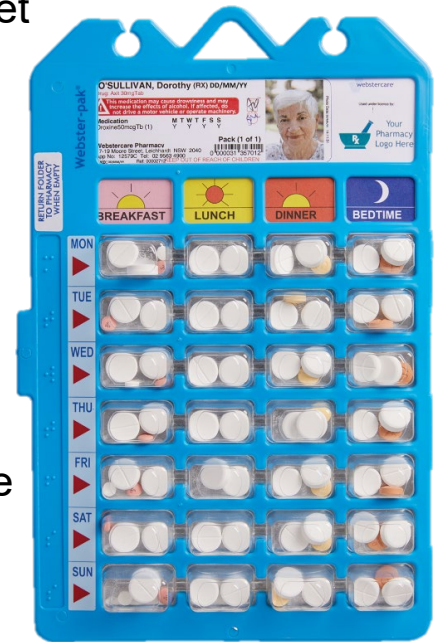
Helpful Strategies

- Make a chart/calendar with the name of your medication, the dose, and when to take it.
- Put reminder notices on the fridge or next to the kettle.
- Have a routine which helps to remind you in the morning and/or in the evening.
- Leave yourself a note or set an alarm on the clock, mobile phone or computer.

Pill/Tablet Dispensers

Some pill/ tablet dispensers dispense medication when an alarm is activated. Some alarms can be set up to 8 times a day.

You can order your medication to come in blister-packaging, e.g. Webster-pak, which can be arranged with your pharmacist. Pills/ tablets for each day are sealed in separate compartments (for breakfast, lunch, dinner and bedtime) and information identifying medications and dosage times are displayed on the packaging.



A pill/tablet reminder box can be used. One-day boxes may have 1, 2, 4 or 8 separate compartments. 7-day dispensers hold all the pills/tablets needed for a week. Each day has compartments for 2 or 4 doses per day. Most pill/tablet boxes have see-through lids so you can check that pills/tablets have been taken.

Opening Medication

- A specialised assistive device may help you to open a container or packet.
- A friend could be asked to get pills/tablets out for you and put them in a box or special pill/tablet container.



Other Assistive Devices

A handheld plastic device can be used to cut tablets in half. It features a blade within the lid for cutting, and a compartment to store pills/tablets. Some have a built-in magnifier to show the pills/tablets to assist with locating the middle or indented mark for cutting the pill in half.



Multi-purpose devices are designed to crush a pill or tablet into a very fine powder. Some features include a stainless-steel blade to cut pills/tablets in half, a section to store pills/tablets, and can be used as a drinking cup. Larger portable battery-operated or mechanical crushers are available for people who have difficulty using smaller devices.



A plastic cup that has a compartment near the lip to hold a pill/tablet is designed to assist people to overcome difficulties in swallowing pills. When the cup is tilted for drinking, the pill is washed down.



A plastic device that acts as a lever-aid can be used with a variety of inhalers used for management of the symptoms of respiratory conditions such as asthma.

A range of lightweight plastic eye drop dispensers assist with the application of eye drops.



More information

For further information, or advice, about any item contained in this information sheet, please contact Independent Living Centre Tasmania Inc.(ILCT):

- Call 1300 452 827 to speak to a health professional.
- Visit our website www.ilct.com.au or email info@ilct.com.au.
- ILCT visits communities around Tasmania. Contact ILCT to find out when we will be in your area.

ILCT provides Occupational Therapy, Physiotherapy, Speech Pathology, and Allied Health Assistant services, on a fee-for-service basis. Our team delivers comprehensive assessments and support that may include assistive technology, home modifications, communication aids, and other tailored interventions to enhance independence and quality of life.

ILCT specifically provides supports to those aged over 18, who are Tasmanian residents and are of any culturally-diverse background. ILCT are a registered provider under the National Disability Insurance Scheme (NDIS).

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