



Tips for Remembering Medications

- ✓ *Place larger, more readable labels on pill bottles or color-code them if the person taking the medication has trouble knowing what it is.*
- ✓ *Purchase an inexpensive commercial drug divider to portion out medications. Easiest to understand is the weekly kind. Polk Family Caregivers will even give you one, if you request it.*
- ✓ *Set up a specific place to take medicines The kitchen (not over the stove, however) is generally well lit. Do not store medication in the bathroom, which tends to be warm and moist and may cause medicines to disintegrate*
- ✓ *Post reminders and/or place medicines in visible, convenient locations.*
- ✓ *Make sure a readable clock is visible. Draw a large clock and put color codes on it for each medication matching the colors on the bottles, if necessary.*
- ✓ *Create a chart and check-off system listing the specific times when medications are taken: Morning, mid-morning, noon, etc. Customize the list according to the medications taken.*
- ✓ **Refills:** Think ahead 3-5 days and have refills approved and filled before medications are completely used.

Count the number of pills remaining in bottles often.

Word of Warning: Medications are coveted by dishonest people. Keep medications in plain sight of care-receivers and responsible family members. Medications are one of the most stolen articles from ill, frail and disabled people.



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