

Remembering to take your medications

Our Top Ten tips - A guide to help you from other patients

(A Richmond Patients Advisory Forum production)

Keep medication visible and organized

"Identify a sensible spot to store your tablets and keep it clutter free" Pat

Start your tablets in sync with the numbering/days on the blister packs

"Monday should mean Monday! .. don't confuse yourself" Ken

Incorporate taking your tablets in to your daily routine

"I take them when I brush my teeth.. it's just a habit now" Bob

Use an electronic timer to prompt you to take your medication

"The pinger never lets you down.. and it's hard to ignore!" David

Share the responsibility of taking your tablets with your family

"They know my routine and the 'gentle' reminders are helpful!" Larry

Consider using a formal Nomad/Dosette system organized by the chemist

"It takes the stress away and makes my 15 tablet regimen so simple" Christel

Perhaps a home-made and bespoke dispensing system would be better

"Mine is a work of art.... I should have marketed it!" Alan

Have a reliable system for re-ordering tablets so you don't run out

"I now I need to leave 48 hours to get my tablets back (or 72 if it's going to the chemist" Phil

Don't be nervous about seeking help from the pharmacist or clinician.

"I really benefited for a 'medication usage review' with the chemist who simplified my regime" - David

If you are still struggling to remember, perhaps there is another problem holding your back

"My neighbour was always forgetting her tablets and she now gets help from a specialist memory clinic" Dorothy