

FACT SHEET:



ABIOS

Acquired Brain Injury Outreach Service

Category:
Life After ABI
- Personal Changes
Activities of Daily
Living

Audience:
Person with an ABI

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ABIOS Occupational Therapist

Remembering to take Medication After Brain Injury

Introduction

Remembering to take your medication regularly & at the right time is important for your health. After brain injury, it can be difficult to manage your medication. It can become confusing or forgotten altogether when you have lots of other things in your life.

Consider trialling some of these strategies to help you organise and remember your medication:-

Organising your Medication:

- **Blister packs** (e.g. Webster Packs) are an easy way to see and organise your medication. They are individually prepared organisers made by your pharmacist. Some pharmacists deliver for a small charge. The packs make it easy to see what medication has been taken to avoid accidentally taking your medication twice. Ask your pharmacist if they can blister pack your medication or provide you with the contact details of a pharmacist who can.
- **Dosette box, pill organiser or medication dispenser.** All of these items do the same things as a blister pack although they require you to put the medications for the week or month ahead into the dispenser yourself. Some Pharmacists may agree to fill dosette boxes. If you use a Dosette box without involving a Pharmacist, it might be an idea to ask someone to check the box to ensure you have put the correct medications in for each day.

Tip:

These dispensers are available from your pharmacy or visit: <http://ilcaustralia.org.au/> for more details on where to purchase these

(use the product search term 'medication reminder').



Reminders can be:
'auditory'
 something you hear
 or
'visual'
 something you see

Auditory Reminders:

- ◆ Use your **mobile phone's** calendar function to set a regular alarm reminder to sound every time you need to take your medication. This could be set to repeat daily or as many times as you need it. Make sure you take the medication as soon as the alarm sounds. Choose a 'ring tone' that will remind you of the 'medication'. Make sure that it is something different from your normal call ring tone.
- ◆ You could try an **Electronic Medication Reminder** (available from <http://ilcaustralia.org.au/> - use product search words medication reminder).
- ◆ Use a **watch** where you can set an alarm - (available from <http://ilcaustralia.org.au/> - use product search words medication reminder).
- ◆ If you don't have a mobile phone or watch you could try using an **alarm clock** to set a reminder alarm



Visual Reminders:

- ◆ **'Post It' Notes** – These sticky labels can be placed around your home as a reminder. Write 'medication' and the time you need to take it. e.g. these can be located on the fridge if your medication needs to be refrigerated or on the bathroom mirror so you are reminded every time you brush your teeth.



- ◆ **Put your medication next to something you use regularly.** For instance, consider keeping the medication next to your breakfast items e.g. cereal or coffee. This will remind you to take the medication when you eat breakfast or leave your medications on your bedside table if you take them before going to bed.

*If you have children,
 be careful not to
 leave medication
 where they can reach*

- ◆ **Keep the medication in a place where you need to take them** e.g. if you need to take them with a meal, leave them on the dining table

Tip:
DON'T DELAY
 Take your medication as soon as the alarm sounds.
 Avoid 'sleep' modes on your alarms!

