

Healthy Living for Elders: Tips for Remembering Your Medication¹

Linda B. Bobroff²

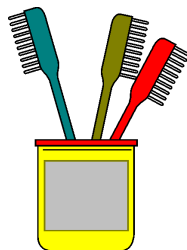


Medications can help control a number of diseases and conditions. But they only work when we remember to take them! Select tips from the ones listed to help you remember to take your medication.

☐ **Refrigerator note:** Put a picture of yourself or a loved one on your refrigerator with a note reminding you to take your medication.

☐ **Keep on your night stand:** If you need to take your medication in the morning, this could be a good reminder.

☐ **Keep next to your toothbrush:** Take your medication after brushing your teeth.



☐ **Use “sticky” notes:** Put reminder notes to take your medication in places where you will see them.



☐ **Buddy system:** Arrange with a friend to call each other every day with a reminder to “take your medication!”

☐ **Voice mail service:** If you have a service, you can record a reminder for yourself, and have the service automatically call you every day.



☐ **Use a weekly pill box:** These are available at most pharmacies.

☐ **Have a grandchild call:** Ask a grandchild, or another relative, to call every day and remind you to take your medication.

☐ **Computer start-up reminder:** Have a reminder appear every time you turn on your computer.

1. This document is one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Publication date: March 2004. This leaflet was developed with funding from the Florida Department of Elder Affairs in partnership with state, county, and local agencies. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>

2. Linda B. Bobroff, PhD, RD, LD/N, professor, Department of Family, Youth and Community Sciences, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Reviewed by Jennifer Hillan, MSH, RD, LD/N, former ENAFS educator/trainer, University of Florida.