

Five tips to help you remember your medication

Different ideas
work for different
people – find what
works for you.



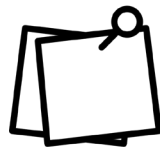
Build a daily habit

Make medication part of your daily routine – take it at the same time and place each day, like with your morning cuppa or when brushing your teeth.



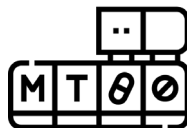
Involve your support person

Taking medication regularly is easier with support. Involve your partner or caregiver by linking it with a shared routine such as breakfast.



Create visible reminders

Put notes where you'll see them, such as on the fridge or bathroom mirror. Keep medication in busy spots, such as on your kitchen bench or bathroom cabinet.



Use medication organisers

Use a seven-day pill box or ask your pharmacist for prepacked doses by day and time. This can help you remember if you've already taken your medication.



Set digital reminders

Never miss your medication by using your phone alarms or calendar reminders. Download apps with dose trackers to remind you to refill so you don't run out.