Aberdeenshire Council | NHS Grampian

Aberdeenshire Health & Social Care Partnership

Top Tips for Managing your Medication at Home



Are you finding it difficult to take your medication at home?

Is trying to get your tablets out of their packaging a problem?

If you answered yes, then this guide could help you to manage your medication at home now and in the future.

It is recommended you discuss any problems with taking your medication or using products with your local community pharmacist.

Tip 1

Reminders and Labelling



If you have a few different types of medicines to take throughout the day e.g. tablets, eye drops, inhalers and creams it can help to keep a written note of what these are.

Having a large print sheet with information about which medication you need to take and how often can help with keeping track and can be a useful reminder. Audio options of information might also be helpful, e.g. Pen friend device or can labels.

Tip 2

Alarms and Electronic devices

Handheld timers can be used to set up daily reminders for taking your medication. These are simple devices for setting reminders, which will prompt you to take your medication at a set time.

Alarms are an effective way to remind you to take your medication. Alarms can be set up on your phone, smart watch, alarm clock and many other electronic devices.

Electronic devices, such as Smart Speakers or a smart home hub can be used to set up reminders to remind you to take your medication. There are some apps that can be used on these devices to assist with reminders.

Tip 3

Pill Extractor Devices

Do you struggle to get your tablets out of the blister pack due to sore hands or fingers? If so, then a pill extraction device might be the best option for you.

A pill extraction device is portable and you can use this wherever you go. They are designed to take the tablet out of the blister pack. Some of these come with integrated magnifiers, which can be beneficial if you have issues with reading small print.

Tip 4

Non-child Resistant Caps

Non-child-resistant medication devices are designed to make it easier for adults to access their medications without the extra effort required by child-resistant packaging.

These devices, such as simple pill bottles or easy-to-open blister packs, offer the benefit of convenience, especially for individuals with limited hand strength or dexterity.

Tip 5

Eye Drop Dispenser and Information



An eye drop dispenser is a device designed to help individuals apply eye drops more easily and accurately. It typically features a squeeze or pump mechanism that controls the flow of liquid, ensuring a precise amount of medication is delivered to the eye. They come in various sizes and styles. It can reduce the risk of spilling and wasting drops. It can be helpful for people with limited dexterity or sight loss.

Glaucoma UK is a great source of information about which eye drop guide is suitable for which eye drops. They also have suggestions for methods of getting eye drops in accurately without the use of guides. Their website is www.glaucoma.uk or phone on 01233648170. Your local community pharmacist will also know about eye drop guides, which might be useful.

Tip 6

Applicators for Creams, Lotions and Ointments



Tube squeezers are good, as they apply pressure and squeeze products out of a tube. These may be useful for one handed users and those with arthritis.

Pump dispensers can be used to assist by releasing controlled amounts of cream and also stops the need to squeeze from a bottle with a simple push of a button.

Applying creams and lotion can be difficult for some people. A lotion applicator is a tool designed to help individuals apply lotion, creams, or other topical treatments to hard-to-reach areas of the body, such as the back, legs, or feet. These applicators typically feature a long handle with a sponge or fabric head that allows users to spread the product evenly without needing to bend or stretch.

Tip 7

Syringes for liquid medication

Measuring out liquid medication can be difficult. Syringes come in different sizes and can be attached to the bottle or placed into the bottle for more accurate and easy removal. A bung can be inserted into the neck of a bottle to allow the syringe to have a tight seal. It may be easier to use a syringe, where you press and pull the plunger to draw out prescribed medication from a bottle giving accurate dosage. It can reduce spillages for people with shaky hands.

Tip 8

Dosette Boxes

A medication dosette box is a compliance aid to help individuals manage their medication. It has separate compartments for each dose, reducing medication errors and promoting independence, especially for those with multiple medications. It can help to mark the top of the box to identify which way around the box should be.

Tip 9

Informal Carer Support

If you are struggling with taking your medication, friends, family or unpaid carers may be able to assist with this. You may be able to arrange with someone to help remind you or can assist with you taking your medication.

A range of these items can be purchased from your local pharmacy or online.

If you have tried all of the options mentioned in this leaflet and need more help, you may want to consider speaking to your local community pharmacist.

If you still are unable to manage your medication, you can refer yourself for a Care Management assessment by telephoning the Aberdeenshire Health & Social Care customer services on 0345 608 1206 and choosing option 2 to make a referral.

If you purchase a product due to a medical need, physical disability or sensory loss, then VAT exemption may be available. VAT relief forms are available on the UK Government website and are called Eligibility Declarations by a disabled person for VAT relief using the following webpage address **www.gov.uk**