

# A Self Help Guide to Helping you take your medications.

## **Who is this for?**

This guide is for any who needs to take medication on a regular basis. This can be yourself, a family member or someone you are caring for.

## **What will it help with?**

If you, a family member or someone you are caring for is having any difficulty taking their medication, there are some helpful suggestions within this guide that could help.

Take a look through the following guide by yourself or with a relative and carer, and see if any of the options could help you with taking your medications.

There are options that are to help with issues with swallowing, dexterity, vision and whether you have issues with remembering or understanding the medication you are taking and when.

There is also a section about seeking support if you need help with paying for your compliance aid and other organisations that can offer you support.

## Swallowing

"Do I have trouble swallowing my tablets?"



Get help with changing your medication to liquid or soluble options or changing your routine.

## Dexterity

"Do I have trouble opening lids, bottles or blister packs?"



Get help with taking your medication with pill splitters, winged lids and other aids.

## Vision

"Do I find it difficult to read labels for my medication?"

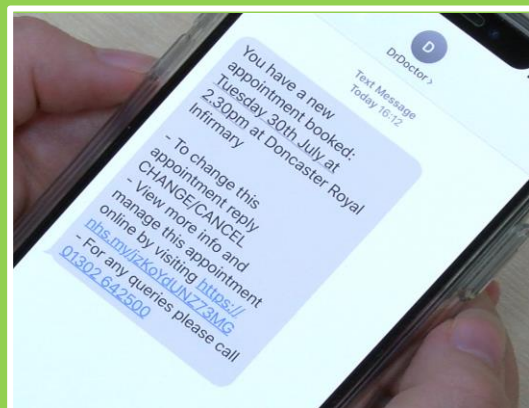


Get help with large print labels, braille labels or dosette boxes.

**Contact your GP, Pharmacy or Council to ask for help..**

# What can help me remember to take my medication?

## SMS Messaging

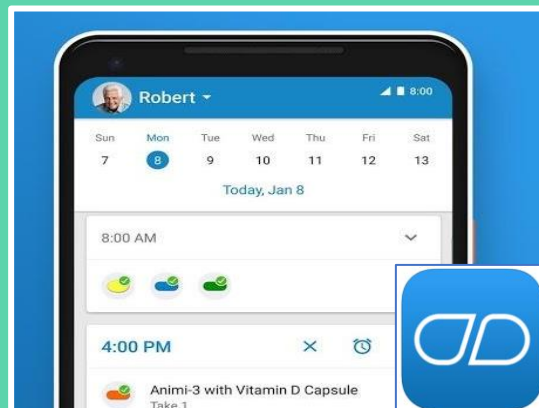


Get text messages on your mobile phone to remind you to take your medication. You can get up to 4 messages a day.

You will need a mobile phone for this service.

**Ask at your pharmacy or GP.**

## Medisafe Pill Reminder



Set up your medication on this smart phone app. Add each of your medications, tick when you've taken them and add a carer to help monitor.

You will need a smart mobile phone for this service.

**This app is free to download.**

## YourMeds Dosette Box



This dosette box has an alarm that lets you know which box to open at the correct time.

A carer can monitor using an app.

You can use this without a phone or broadband service.

**Ask your GP, Pharmacy or Council TEC team to get set up.**

# What can help me remember to take my medication?

## My Home Helper



This can remind you when to take your medications, drink water and your carer can make video calls to you.

You will need WiFi for this service.

**Ask your GP or Carer about this.**

## Alexa Echo Show

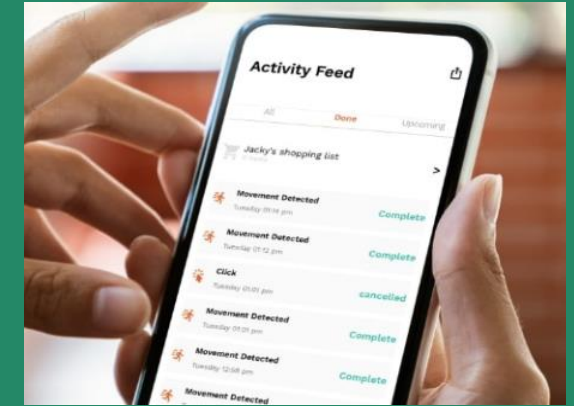


Alexa Echo Show allows video calls from your family member or carer to help check in on you and help remind you with your medication.

You will need a WiFi for this service.

**Ask your GP or Carer about this.**

## Sentai AI companion



Sentai can help you with your daily routine, remind you with your medication and connect with your family.

You will need WiFi for this service.

**Ask your GP or Carer about this.**

# Additional Support

## Medication Compliance Aids:



You may wish to buy medication compliance aids yourself.

Information on these can be found on:

Disabled Living Foundation:  
Living Made Easy  
<https://livingmadeeasy.org.uk/>



Here are some places that can help support you:

- ❖ Your GP
- ❖ Local Pharmacy
- ❖ Your Local Council TEC Team
- ❖ Age UK
- ❖ Disabled Living Foundation

Can I get financial aid to help with my healthcare?

## A guide to: Attendance Allowance

**Attendance Allowance helps with extra costs if you need someone to help look after you.**

It's paid at 2 different rates and how much you get depends on the level of care that you need because of your disability.

**You could get £72.65 or £108.55 a week to help with personal support if you're both:**

- physically or mentally disabled
- State pension age or older

## Am I Able to Claim?

**You can get Attendance Allowance if you:**

- Have reached State Pension age
- Need help caring for yourself
- You have needed that help for at least 6 months

**You must also:**

- Have lived in Great Britain for at least 2 years
- Not be under immigration control
- Not already get Disability Living Allowance (DLA), Personal Independence Payment (PIP) or Adult Disability Payment (ADP).

**For full details visit [gov.uk](https://www.gov.uk).**

**Or you can get more information on this by talking to your local council authority, your GP, pharmacy or local Age UK branch.**

## How can I claim?

**You can apply online or by post.**

To apply, you'll need:

- Your National Insurance number
- Your address and contact details
- Details of the health condition or disability that you need extra help for
- Details of your GP surgery or medical centre

**You can also apply online**

The new service will accept a limited number of applications each week via the [gov.uk website](https://www.gov.uk).

**\* You could get extra Pension Credit, Housing Benefit or Council Tax Reduction if you get Attendance Allowance - check with the helpline or office dealing with your benefit.**