

## Handout 7: My medicine management plan

1. What is something you would very much like to do or continue to do sometime in the future?

Examples:

- I plan to continue to enjoy getting together with friends.
- I plan to help care for my grandchildren when they come along.
- I plan to go to my 60th high school reunion.

2. Choose something that is important to you and write it in the 'plan' space below:

**I plan to** \_\_\_\_\_

\_\_\_\_\_

*(Here's an extra line in case you think of something else later you'd like to add.)*

\_\_\_\_\_

3. Now, what is a step you will take to manage your medicines so that you will be able to do what you plan?

**Examples:**

- I will make sure I check with my doctor or pharmacist before I take any OTC medicine or herbal remedy or supplement to make sure it is safe with the other medicines I'm taking.
- I will make a medicine list and take it to all my appointments.
- I will ask questions until I am sure I understand what I need to know about a medicine.

4. Now put them together:

**I will** \_\_\_\_\_

**So that I can** \_\_\_\_\_

**Signed** \_\_\_\_\_ **Date:** \_\_\_\_\_