Tips for taking medications

Some of these tips may work for you

Make a list

Write down a list of all the medicines you take and the instructions on how to take them (how often, time of day, with food, etc.). Keep a copy of the list somewhere visible, such as on your fridge, and give a copy to your partner, family member or friend.

Establish a routine

Take medicines at the same time each day and with meals (if appropriate).

Use a pill box

Fill a weekly pill box (dosette box) to help you stay organised, keep track of your medicines, and know when you need to refill your prescriptions. Your pharmacist can also help.

Use memory prompts

Use memory prompts such as your phone diary and alarms. Portable alarmed pill boxes are available from your local AIDS council or doctor, and an electronic diary can help with medicine management. Alternatively, keep a paper calendar or diary on hand, and write down each time you take your medicines.

Keep supplies of medicines handy

Have supplies of your medicines at places you know you'll be, such as your partner's house, work, etc.
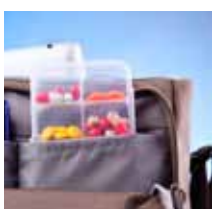
Plan for travel

Prepare for holidays by getting a stock of medicines in advance. When travelling, be aware of crossing different time zones and adjust your dosing times accordingly. Your doctor or pharmacist can help.

Share ideas

Find out from other people living with HIV what they do to help remember their medicines.

Tips for managing daily activities at home or work

✓ Keep lists (to-do lists, shopping lists)

✓ Write down things you have to do on a white board or in your diary

✓ Deal with one task at a time

✓ Minimise interruptions and distractions

✓ Use your phone alarm or Outlook calendar, and set up regular reminders for appointments and meetings

✓ Take a notepad to meetings and appointments

✓ Take regular breaks throughout the day

✓ Ask people you trust to double-check important work tasks that you have completed

✓ Use your spellcheck tool for work documents and letters