

# Dementia and Diabetes

## Medicine planner

This medicine planner will help you to keep track of all your medicines and to take them at the right time and at the right dose.

### Instructions:

- Fill in this table with details of the medicines you take.
- Keep this sheet in a visible place near where you store your medicines. Take it with you when you travel.
- If you stop taking a medicine or start taking a new medicine, remember to update this list.
- If you have any questions about your medicines or completing this form, speak to your doctor or pharmacist.

Medication	Strength	Directions	AM	PM	Medicine for	Description	Doctor
Example: Metformin	500 mg	One tablet a day with evening meal		1	Diabetes	Round white tablet	Dr Smith

## 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 pharmacy 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

Be aware of when you need to refill prescriptions so you don't run out of any medicines. Make a note on your calendar or set a reminder in your mobile phone.



### 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 who have diabetes what they do to help remember their medicines.