















My Medicine

The example (below) is of an accessible planner giving details of which medications to take at which times during the day and the number of tablets to take. The planner can be provided to patients who have been prescribed medication but may have difficulties with understanding or may have memory loss. It allows patients greater independence in understanding and administering their own medication.

The resource overleaf can be easily personalised by adding images of different medications and changing the number of tablets.

Name: Date of birth:	 morning	 lunch	 dinner	 bedtime
	<p>1</p> 			
	<p>2</p> 	<p>2</p> 	<p>2</p> 	<p>2</p> 
				<p>1</p> 