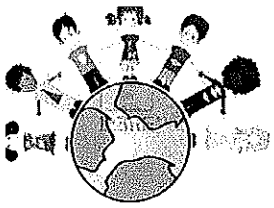
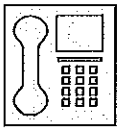


Adherence Strategies Tip Sheet

When you have trouble remembering to take medications:

- Set your cell phone alarm: choose a time(s) that fits your schedule and medication best. Setting the alarm 15-20 minutes before your medication is due is a good idea. Remember to choose an alarm you will notice, *not* ignore!
- Set your watch alarm
- Use post-it notes in places you are often around (i.e., on the TV, bathroom, kitchen, computer, etc.)
- Send a text message to yourself and/or your child
- Keep a calendar and check off or place stickers on days you/your child took medication
- Put your MEMS bottle some place you will see it! On the kitchen counter, at the table, in the bathroom, at the compute, etc.

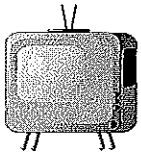


When the taste of medicine is a barrier (i.e., "I don't want to take it, it tastes nasty")

- Use a stronger drink to mask the flavor (i.e., fruit juice, milk, crystal light, etc.)
- Eat something thick with your medicine (i.e., yogurt, ice cream, pudding)
- Pill Glide: sold at most pharmacies and comes in two flavors

What to do to increase success when there are two households:

- Keep separate calendars at each home and check off or place stickers on days you/your child took medication (be sure to label the calendar for each home)
- Develop a reward plan to recognize keeping calendars and taking medication accurately
- Set your/your child's cell phone (see above)
- Set your/your child's watch
- Send a text message to yourself, your child, and/or the other parent

General Tips

- Take your medication at the same time everyday
- Link your medication with a routine (i.e., brushing your teeth, waking up, going to bed, watching TV, etc.)
- Reward yourself and/or your child- taking medication and monitoring your/your child's health is hard work, you should be proud of the days you are adherent! Little rewards on a daily, weekly, and/or monthly basis are often helpful (i.e., your child chooses dinner, earns extra TV/ computer time, time alone with mom/dad or a preferred activity)