



# ASSISTIVE TECHNOLOGY FOR MEDICATION MANAGEMENT



## IMAGINE

### Do you sometimes forget to take your medication?

Do you need someone to remind you to take your medication?

Medication aids can assist people who forget to take their medication on a regular basis or due to a cognitive impairment.

Selection of medication aids can depend on a number of factors including the size of the aid, how often medication is taken, portability, price and functional features.



## SEEK

### To find out more, you can...

Phone **LifeTec on 1300 543 383** to discuss options and suitability with a health professional

Visit a **LifeTec display centre** to view and trial a selection of products, and obtain professional advice in person

Speak to your occupational therapist or pharmacist

Search the National Equipment Database at **[www.ilcaustralia.org.au](http://www.ilcaustralia.org.au)** for further information on a wide range of medication aids.



## CHOOSE

### What can I choose from?

There are a number of medication aids on the market to choose from which range from simple weekly pill boxes to automated pill dispensers which can be filled by a carer and set to dispense at a predefined time for a client. For further details please see over page.

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[www.lifetec.org.au](http://www.lifetec.org.au)



**Tablet containers (dose reminders)**

Plastic containers with compartments to store medication. Available in different colours, shapes, sizes and doses (e.g. from 1 to 4 doses per day). Each compartment has a separate lid for opening. Can also have large print, braille or picture labels.



**Blister packs**

Prepared by the pharmacist at a cost. The medication is sealed and is usually prepared to be used over the course of a week. Several brands are available (including the Webster Pak brand pictured).



**Electronic Pill Boxes**

One or more storage compartments with built-in programmable alarms to remind a user to take their medication at the correct time. The number of alarms and storage compartments will vary between models. Alarms can beep, flash a light, or both. Storage compartments can have a sliding lid or a pop-up lid.



**Medication Reminder Watches**

Can be set up to sound an alarm or vibrate to alert the user that they need to take their medication. The number of alarms that can be set vary from 1 to 12 alarms. Pager options are also available which can have a vibrating alarm for discretion.



**Medication Alarm Clocks**

Available with large displays featuring day and date. Have alarms which may be set for multiple times throughout the day. Vibrating clocks are also available which consist of an alarm clock with a connected bed shaker which can be used while sleeping.



**Automatic Medication Dispensers**

Will dispense medication at set times of the day. Only exposes the correct medication at the time it has been set to dispense. Many dispensers can be locked so that medication is not tampered with. A reminder alarm sounds when it is time for the medication to be taken. Up to four alarms can usually be set per day. Some devices also allow remote monitoring for medication compliance.



**LIVE**

**SET-UP**

- Check that you can access the storage compartments
- Check that you can set and respond to the alarm/s if relevant

**STORAGE**

- Check with your pharmacist that your medication is safe to store in the compartments

**REVIEW**

- It is important to regularly review medication compliance using these types of aids.

**COST**

- From several dollars to several hundred dollars for automatic pill dispensers with monitoring features.

**Contact details**

- ➔ [www.lifetec.org.au](http://www.lifetec.org.au)
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