

# Struggling to take your medication

due to sight, dexterity or memory problems?

**If you are struggling with your medications at home, your local community pharmacy is the best place to help.**

Your local Community Pharmacist will provide a full assessment to support you by identifying any help needed in taking your medication in the safest way under best practice NICE Guidelines and the Equality Act 2010.



## **What does this mean for me?**

Your local Community Pharmacist will help with assessing your need and may suggest something that will help you remain independent in taking your medication. This could mean a change in the way your medication is provided. This might also include a change in your current support aid to another support aid, following the discussion and assessment.



## Safe ways to take your medication:

Your Community Pharmacist will discuss your medication problems and help you to find a solution to take your medicines at home safely. After your discussion and assessment:

- Your Community Pharmacist will discuss a personalised plan to help you manage your medicines.
- You may receive aids or adjustments tailored to your needs.
- Your medicines may also be reviewed at the surgery to make sure they are safe and easy to take.

## Your Community Pharmacist will help you find the best way to take your medications at home.

- They will help you stay familiar with your medications and what they are for.
- They will reduce the risk of errors that can happen when medications are repackaged.
- They will support your independence and confidence in managing your health with your medicines.
- They can be tailored to your specific sight, dexterity or memory problem needs and reviewed as your situation changes.



For more information  
please scan the  
QR code or visit  
[https://www.nhsglos.nhs.uk  
/link/medicines-at-home/](https://www.nhsglos.nhs.uk/link/medicines-at-home/)