



Medication & Scheduling Basics

Keeping Track When Memory Can't

Purpose:

Prevent missed doses, double dosing, and daily chaos — without overwhelm.

Medication Safety Checklist

- Keep all medications locked or supervised
- Use a weekly pill organizer
- Keep an up-to-date medication list
- Include dosage, timing, and purpose
- Note side effects or behavior changes
- Bring the medication list to every appointment
- Avoid medication changes without medical guidance

If something feels “off” after a medication change, trust that instinct.

Scheduling & Routine Basics

- Create a simple daily routine
- Keep wake-up, meals, and bedtime consistent
- Schedule appointments earlier in the day when possible
- Allow extra time — rushing increases agitation
- Use calendars with large print
- Set phone alarms or reminders for caregivers

Helpful Tip

Consistency reduces anxiety — for both of you.

Routine doesn't mean rigid.
It means predictable enough to feel safe.

Signs a Medication Review Is Needed

- Sudden confusion or agitation
- Increased falls
- Hallucinations or paranoia
- Excessive sleepiness
- Appetite changes

Gentle reminder:

More medication is not always better.

