



Medication

Medical aids for taking medication

The concept in a nutshell

The success of a medically prescribed medicinal therapy is dependent on different factors.

Medication exists not only as tablets or capsules, but also as drops, solutions, suppositories or injections.

The ingestion or administration of medication may be difficult if you suffer from physical limitations such as hand shaking, stiffening of the finger joints, poor eyesight, or difficulty in swallowing. Also, forgetfulness or the cumbersome timing of medication intake can cause you to not take the medication according to the medical prescription.

In order for your doctor to prescribe individualised medicative therapy, the doctor must be aware of your physical limitations and your personal needs. This way, for example, you will ideally not be given medication in the form of drops if you suffer from hand shaking or poor vision. If necessary, Spitex or relatives can assist you in administering the medication.

What can you do?

In addition to the medical consultation, various inexpensive medical aids facilitate the intake of medication. Consult your doctor, pharmacy or Spitex for advice.

Medical aids in case of movement disorders affecting the hands

- Tablet dispenser
- Tablet splitter
- Cap opener for medication bottles
- Dosing aids for eye drops

Aids in case of visual impairment

- Scale magnifier (for insulin syringes)
- Normal magnifier
- Application aids for the instillation of eye drops

Tools for a better overview

- Medication dispensers with daily and weekly partitioning

Memory aids

- Reminder alarms (e.g. alarm clock)
- Intake apps for your smartphone
- Rituals: Always take your medication at the same time, such as right after brushing your teeth or before the news. Similarly, you may ask family members to alert you to take it.

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Here is how you can find out more

concordiaMed, CONCORDIA's 24-hour health consultancy, will be happy to answer any further questions you may have. **+41 41 210 02 50**

Do you have any questions? Write to us. You can reach us at **healthcompass@concordia.ch**.

My notes

CONCORDIA

Bound by trust

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