Medication Tracking Tips

Managing medications is one of the most stressful parts of caregiving. These simple tips help families stay organized, prevent missed doses, and communicate clearly with care partners. Many families print this list or save it to share with siblings and care managers.

Medication Tracking Tips

1. Keep All Medications in One Place

- ☐ Use a single drawer, basket, or shelf
- ☐ Keep prescriptions, supplements, and over-the-counter meds together
- ☐ Store updated medication lists nearby

2. Use a Weekly Pill Organizer

- ☐ Organize doses for the entire week
- ☐ Prevent missed or double doses
- ☐ Label morning / midday / evening compartments

3. Create a Simple Medication List

Include:

- ☐ Medication name
- ☐ Dosage
- ☐ Time of day
- ☐ Purpose
- ☐ Prescribing doctor

4. Set Reminders

Use:

- ☐ Phone alarms
- ☐ SimpliTend reminders
- ☐ Caregiver partner notifications

5. Track Changes Immediately

When a doctor updates a medication:

- ☐ Update the medication list
- ☐ Update the pill organizer
- ☐ Notify siblings or care partners

6. Watch for Side Effects

Document any changes in:

- ☐ Dizziness
- ☐ Confusion
- ☐ Appetite
- ☐ Sleep
- ☐ Mood

Share updates with care partners or your doctor.

7. Review Medications Weekly

Check:

- ☐ Expiration dates
- ☐ Refill needs
- ☐ Upcoming appointments

8. Communicate Clearly With Care Partners

Share:

- ☐ Missed doses
- ☐ Medication changes
- ☐ Concerns
- ☐ Doctor instructions

Clear communication prevents mistakes and reduces stress.

Families use SimpliTend to keep medication reminders visible, share updates with siblings, and stay connected — even from a distance.

Share with Siblings “Send these medication tips to your family so everyone stays aligned.”

Share with Care Manager “Share this with your care manager or agency to improve communication.”