

Medication Management

This toolkit helps caregivers, families, and young people keep track of medications and prepare for discussions with their provider.



So you want to talk about your meds...

**Talk to your provider
WHENEVER you have
questions about your
medicines. It's more than
okay. It's welcomed!**

- Ask questions and understand how meds can be a help to you.
- Taking meds is a shared decision between you and your provider.

**Before changing doses on
your meds, always talk to
your provider first.**

- Some meds can't be stopped all at once and need to be slowly lowered or stopped over time.
- Changing meds on your own can be bad, so talk with your doctor before you make any changes.

**What to prepare when you
are going to your provider
to talk about your meds.**

- Which medications you are taking now?
- What things do you like and not like about the med(s) you take now?
- What worries do you have about the medications you take now?
- What thoughts do you have about your meds?



Keeping track of your meds

Medication

Dose and
how often

Why are you
taking this?

Do you want to change
whether or how often you take
this medication?*

1

2

3

4

5

***If yes, then why do you want to change whether or how often you take this medication?**

