



Five Simple Solutions for Managing Your Medication

It's imperative that you develop a safe, effective system for organizing and identifying your prescription and over-the-counter medications—what they are, the prescribed or recommended dosage, and how often you need to take them.

The following tips are designed to help people with low vision manage their medications.

1. Ask your pharmacist to print a back-up label with larger print that you can easily see. Then mark your medication bottles with large-print labels, tactile dots, rubber bands, or Braille.
2. Use talking medication identifiers if large-print labels don't work for you.
3. Use a tray with good contrast to help you see your pills and keep them from falling on the floor if dropped.

4. Place a light close to the labels you are trying to see.
5. Attach daily dosage trackers to medication bottles to help you remember if you have taken each dose of a particular medication each day.

Find more simple solutions for managing your medications at the American Foundation for the Blind Senior Site®:

<http://www.AFB.org/seniorsite/knowyourmeds>