



Adherence Tips



Adherence means how well a person follows the medical advice they're given (like taking medicine, making diet changes, exercise). Following your treatment plan can help you stay healthier and symptom-free. Taking your medications is important. Studies have shown that patients who do not take their medications have a greater chance of experiencing a flare of their disease.

Here are a few helpful hints that can help you remember to take your medications and to become more independent in managing your Asthma.

- ✦ Set an alarm on your cell phone or watch as a reminder to take your medicine.
- ✦ Put medicines where you can see them (example, next to toothbrush or in the kitchen).
- ✦ Include your medications as part of your daily routine. Fit them into your life instead of rearranging your life around them.
- ✦ Leave yourself notes on the refrigerator or bathroom mirror (ex. "Take inhaler after dinner!"), or in your daily planner.
- ✦ Use a weekly pillbox.
- ✦ Get a second inhaler to keep in a purse or bag you use often.
- ✦ If multiple caregivers (e.g., grandparents), keep some medicine at each house.
- ✦ Ask for help - Mom, dad, and other family members can help you remember to take your medications. Take on more responsibility as you get older, but recognize when you need help and ask for it.
- ✦ Keep a medication journal or chart and check off when you take each dose. This will help you keep track of what you have taken so you don't miss doses or take too many doses.
- ✦ Use a cell phone app to help me remember to take my medicine. Ask your team for a list of apps!!!

Remember: Medicine won't work unless you take it!

