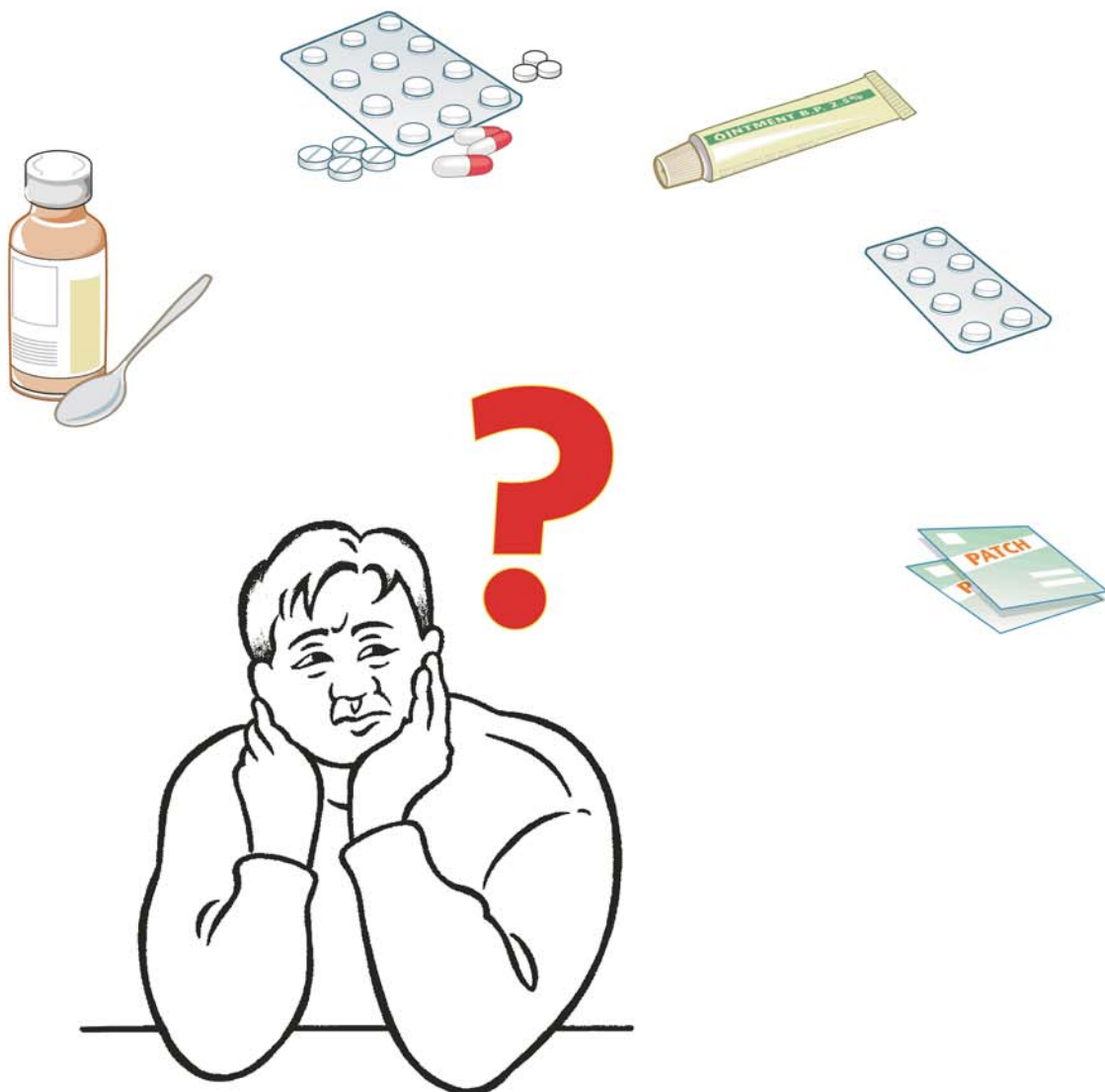


# How to make choices about taking medication

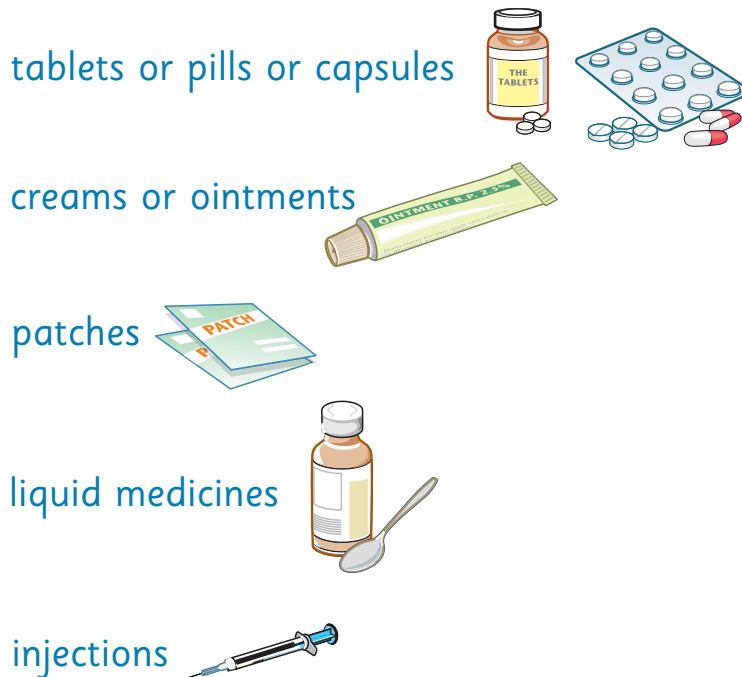
My name is \_\_\_\_\_



# What is this workbook about?

This workbook helps you to think about your medications and the choices you have.

Medication can mean many things —



## When do I use the workbook?

You can use the workbook when you are offered a new medication, or to help you think about a medication that you are already taking.

## What does the workbook help me do?

Even if the doctor says he or she thinks you need to take medication, it's up to you. Usually, it's your choice if you take the medication or not. But it can be hard making choices like this.

We hope this workbook will help you think about what information you need to make a choice about taking your medication.

You may find it helpful to fill in this workbook with someone you trust. They can help you find out the things you want to know about taking your medication.



Some people find that by talking to people about their choices it can help them work out what to do.

# What's in this workbook?

The workbook is split up into parts or sections.  
You don't need to fill it all in at once.

The sections are:

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**1**

## **About making decisions**

Some ideas about how to make choices.

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**2**

## **About the medication**

To help you write down facts — like what the medication is called and what it is for.

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**3**

## **What would happen if I took the medication?**

Thinking about what it would be like if you decide to take the medication.

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**4**

## **What would happen if I don't take the medication?**

Thinking about what it would be like if you decide not to take the medication

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**5**

## **What else do I want to know?**

Thinking about any other things you might want to know about the medication

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**6**

## **Make your mind up time!**

Thinking about everything you have found out about the medication, it's up to you to decide what things are most important, then make a choice.

# 1 About making decisions

Making decisions can be difficult. We learn how to work out what is important to us. We learn to think about what choices we have. Here are two things that can help you make a choice about taking medication —

- You could find out more about the medication
- You could talk it over with someone, to help you make your mind up

Think about the people you want to ask to help you find out about the medication. It might be a doctor, a pharmacist (chemist), a nurse or someone else you know.

Write their names in the box:

*Names of people who can  
help me find out more*

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Or use this space to put a picture of each of these people:

Think about the people you'd like to talk it over with.

Put their names or pictures on this page.

Names of people I would like  
to talk to



## 2 About the medication

These questions are about what the medication is for.

Write the answers in the boxes

What is the name of the medication you take or are thinking of taking?

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Put a photo or draw a picture of the medication in this box ➡

What is this medication for?

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Who has suggested you take this medication?

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### 3 What would happen if I took the medication?

How might this medication help me?

Write the answers in the boxes

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Would I need to take the medication for a long time?



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Would I need anyone to support me in taking the medication?

Who would this be?

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## Things I might need to remember about the medication

Write the answers in the boxes

When would I need to take the medication?



How many times each day?

What time would I take it at?

Will I need to take it before or after meals?

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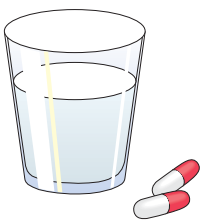
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How would I need to take the medication?



Is it pills, or something else?

Will I need to take it with a glass of water?

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## More things I might need to remember about the medication

Are there any things I must not do if I take this medication?



... like not drinking alcohol (like beer or wine) or not getting pregnant

Write the answers in the boxes

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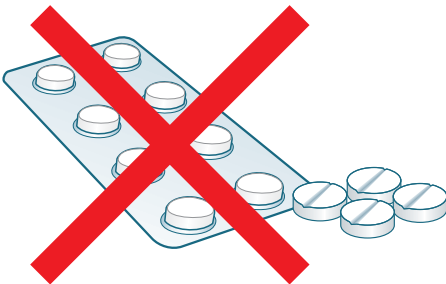
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Are there any other medications I must not take if I am taking this medication?



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## Side effects

Some medications can give you side effects. This is when the medication gives you problems like making you feel sick or dizzy or sleepy or very thirsty.

Are there any side effects that I might get with this medication?



Write the answers in the boxes

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What could I do to help me cope with the side effects?

(This might mean taking more medications)

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What would happen if I stopped taking the medication suddenly?

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## 4 What if I decide not to take this medication?

How would I feel or what might happen in my body if I didn't take this medication?

Write the answers in the boxes

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Is there another medication I could take instead?

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Is there another treatment I could use instead?

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# 5 What else do I want to know?

Are there other things that could help as well?

These could be things like:

- Changing what I eat
- Taking more exercise
- Or relaxing more

Other things that could help

Eat a  
good diet



Take more  
exercise



Relax!



Take it easy!



**There might be lots of other things you want to know about the medication.**

Write your questions in the boxes on this page. When you find out answers, write them in the boxes too. You can ask someone to help you do this.

There is space for you to write more questions and answers on the next page.



**My question:**

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**What I found out:**

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**My question:**

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**What I found out:**

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My question:

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What I found out:

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My question:

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What I found out:

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My question:

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What I found out:

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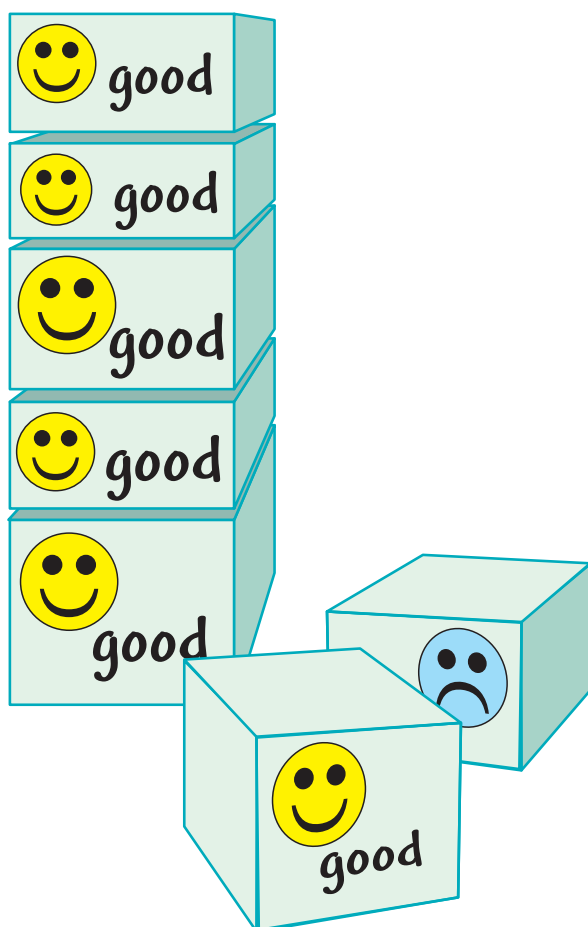
# 6 Make your mind up time!

You have found out lots of things about the medication. Now you need to think about these things and decide which things are important to you.

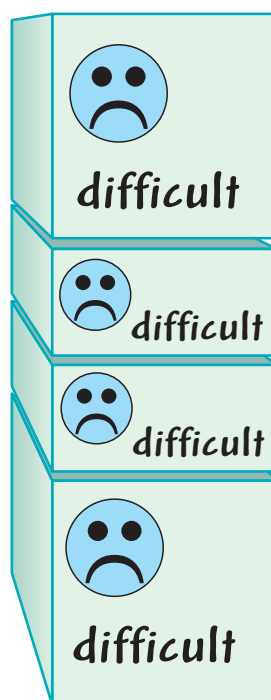
On the next page, write down the important GOOD points and the important DIFFICULT points about taking the medication.

Look back at the things you wrote down earlier in this workbook to help you. You might find it helps to talk these things over with someone you know.

How important to you are the GOOD points about taking the medication?




How important to you are the DIFFICULT points about taking the medication?



When you've written them down, see how many you've got, and how important they are to you. This will help you make your decision.




Write down the good and difficult points in these blocks

 good point

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 difficult point

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 good point

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 difficult point

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 good point

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 difficult point

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 good point

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 difficult point

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 good point

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 difficult point

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**This is my decision:**



**My decision —**

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**This is why I made this choice:**

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**The people who helped me make this choice are:**

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## Who do you need to tell about your decision?

Write down all the people you might want to tell.

Put a tick ☒ in the box by their name when you have told them.

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

# Other workbooks

We have made two other workbooks to help you —

## All my medications

My name is \_\_\_\_\_

This workbook has information about all the medications I am taking or using.

Medication can mean many things —

tablets or pills  
or capsules



creams or ointments



patches



liquid medicines



injections



One workbook is called  
**‘All My Medications’**.

It is a good place for you to write a list of all the medications you take or use.

You can also write information about people to contact if you have any questions about medications.

## My medication

My name is \_\_\_\_\_

This medication is called:

(write the name of the medication on this line)

It looks like this:

(Put a photo or draw a picture of the medication in this space)

The other workbook is called  
**‘My Medication’**.

You can use one copy of this workbook for each medication you take or use. It is a good place to write down important information about your medication.

# Reviewing your medication

Once you start taking a medication, it is important to have a regular **review**. A review is a chance for you and your doctor to check that the medication is working well for you. Or you might have a review with a nurse or pharmacist.

The workbook called '**My Medication**' is a good place to write down what happened at reviews.



This workbook has been produced by the Medication Matters project. The Medication Matters project was a research project carried out by the Norah Fry Research Centre, University of Bristol, in partnership with Home Farm Trust and Aspects and Milestones Trust between July 2002 and September 2004. It was funded by the Community Fund. You can read more about the research at:

[www.bris.ac.uk/Depts/NorahFry/medicationmatters](http://www.bris.ac.uk/Depts/NorahFry/medicationmatters)

The research team talked to people with learning difficulties who were taking psychotropic medication. This is medication that people are sometimes given to help them with their moods, their thoughts or their behaviour. We asked people what it was like to be taking psychotropic medication. We also asked people what they knew about their medication and what things they thought other people taking medication should be told. We also talked to carers and doctors about what information people need to help them make choices about taking medication.

Because of what people told us we have made this workbook. This workbook is to help people who are taking medication think about their choices. We have also made workbooks called '**All My Medications**' and '**My Medication**'. These are places for people to write all the things they need to know about any medication that they take.

This is the first version of this workbook. It was produced in April 2005. We would like to know what you think of it and whether we can make it better. If you have any comments, please tell us.

Visit the Medicines Partnership website:

[www.medicines-partnership.org/patients-and-public/learning-disability](http://www.medicines-partnership.org/patients-and-public/learning-disability)

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