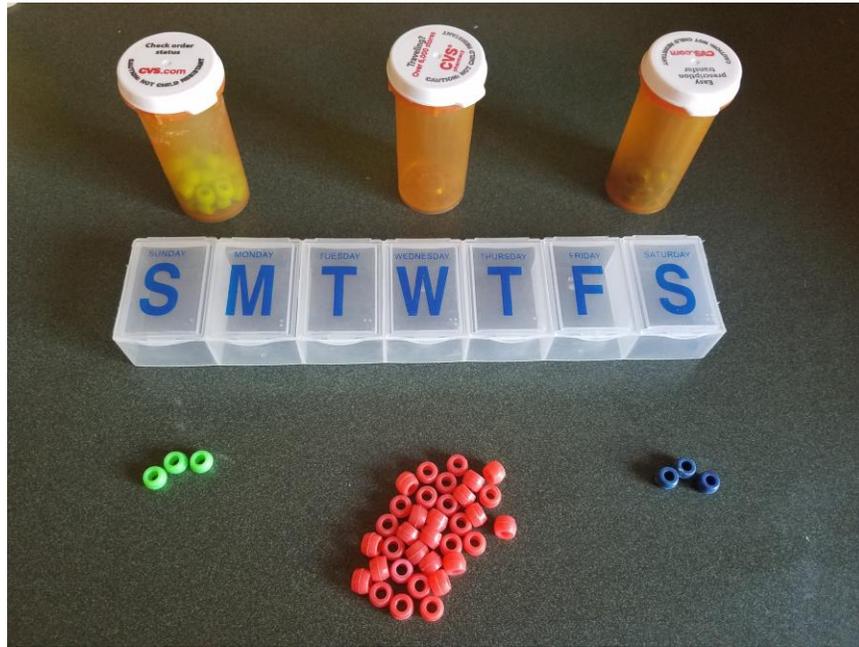


MEDICATION MANAGEMENT



Rationale: The ability to independently self-manage or minimally manage medication is an important Activity of Daily Living (ADL) for patients, one that requires various executive function aspects.

Therapy Targets: Attention, Memory, Sequencing, Problem Solving

Items Needed: Medication Box, Medication Holder, Small Colored Items (beads, chips, candy), Timer

Treatment For Attention and Sequencing:

Low Level: This goal can be treated by simply giving the patient **ONE** item (bead, chip, candy) in a single medication box. Example: One red bead (pill) placed in Monday's box.

Mid Level: This goal can be treated by **INCREASING** the number of boxes (days of the week) OR increasing number of items (bead, chip, candy – i.e. medication). Example: 3 red pills placed in Monday's box, one red pill placed in every day of the week.

Mid to High Level: This goal can be treated by **DIFFERING** the number of boxes (days of the week) OR differing the number of items (bead, chip, candy – i.e. medication). Example: One red pill placed in Monday, Wednesday, and Friday or one red, one blue, and one green pill placed in Monday.

High Level: This goal can be treated by **BOTH INCREASING AND DIFFERING** the number of boxes AND number of items (bead, chip, candy – i.e. medication). Example: Three red pills each in Monday, Wednesday, and Friday or one red pill in every box AND one green pill in Tuesday, Thursday, and Saturday.

Treatment For Memory:

You can use the same levels above, but vary the timing and/or amount of directions given. Present client with an instruction/direction they have to remember, then set a timer for x amount of time. In between the instruction and task, make small talk or have them do a different easy activity – i.e. word search, read a sentence – anything goes. When timer goes off, have client do the task. Client will be required to hold set instruction(s) in their memory for set amount of time and complete the task. Example: Tell client, “When the timer goes off, I want you to place one red medication in Monday.” Increase time and level of information/task variation to target various levels.

Treatment for Problem Solving:

You can use the same levels above, but vary the following task: Once client completes the first task (placing bead, chip, candy – i.e. medication) in box(es), give client a scenario to alter – i.e. problem solve – the current medication. Example: Client puts a red bead in every box (i.e. 7 days a week). Tell client: “The doctor said your medication has reduced from 7 days a week to 3 days a week. How do you change your medication?” Client may need some cues but ultimately, client should take out “medication” from 4 boxes/4 days of the week.