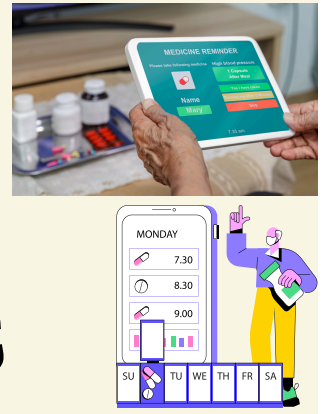


# Medication Management



## Equipment Ideas

### Smart phone



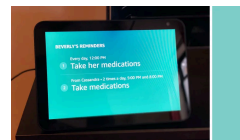
### Connected pill dispensers



### Reminders on watch



### Smart speakers



### Medication Tracker



## Strategies

Technology or smart home devices can be another tool or option to help support taking and tracking medication for ourselves and family members. Taking medicines on time and the correct amount contributes to your overall well-being.

- Alexa and Google offer voice reminders and alarms linked to your calendar or created by voice.
- Apple has a built-in health app and Android has downloadable apps for reminders and to log that the medication was taken.
- Some pill boxes have notifications and can also send alerts to family members.
- Some wearables, like smart watches, can provide sound and vibration reminders.

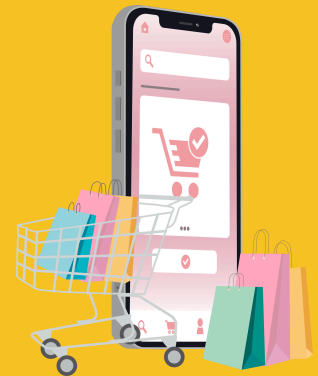


## Online Resources

- <https://www.tricella.com/smart-pillbox>
- <https://www.bestbuy.ca/en-ca/category/medication-reminders-and-dispensers/15680349>
- [Amazon.ca : smart pill box](https://www.amazon.ca/smart-pill-box)
- <https://www.apple.com/ca/ios/health/>
- [Track your medications in Health on iPhone - Apple Support \(CA\)](#)
- [Medication Management Apps - Medication Assessment Centre - College of Pharmacy and Nutrition | University of Saskatchewan \(usask.ca\)](#)
- [CareLink Advantage - Independent Living Solutions](#)

- Medication reminders
- Smart pill box
- Set medication reminders on smart speaker/ phone
- Medication tracker
- Connected pill dispenser

## Key Words for Online shopping or setup guides



For more information contact your Occupational Therapist.

OT Name: \_\_\_\_\_

Contact: \_\_\_\_\_

Examples, not an exhaustive list as of Oct. 2024