



Council for
Intellectual Disability



Me and my medication guide

A guide for people with intellectual disability about their medication.



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What to know about medication



Medication is a product.

Medications can

- Help you stay healthy
- Help you get better.



Medications can come in

- Tablets
- Pills
- Creams
- Drops
- Other things.

What you can do before you take medication



Before you start medication you can ask your doctor

What the medication is for and what will it do.



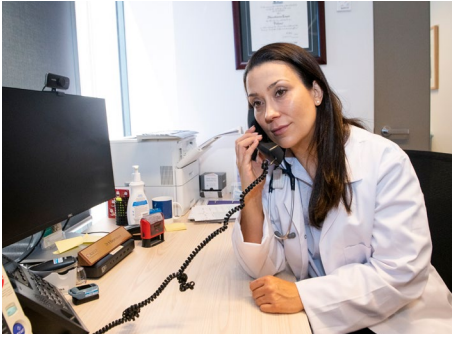
How will it make you feel.



How long you take it.



Is there another way to get better.



You can talk to a different doctor.



You can talk to your chemist about your medication.



You should tell your doctor

- **All** your medications.
- If you are **allergic** to some things.



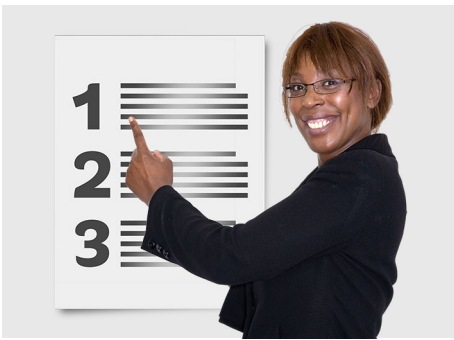
Allergic means you may get sick from things like medicine or foods.

What does your prescription say



A **prescription** tells the chemist about your medication.

You can say script for short.



The script will say things like

- The name of the medication
- When to take it
- How much to take
- If there are any side effects.



It can help to go to the same chemist.

The chemist can know your medications.

Taking medications safely



You can take medications safely if you

- Take the right amount
- Have the medication at the right time.

Your support person can help you take your medication.

Tell your doctor if you forget to take your medication.



Your chemist can put your medicine in a **Webster pak**.

It might cost a bit more.

It can help you to get it right.



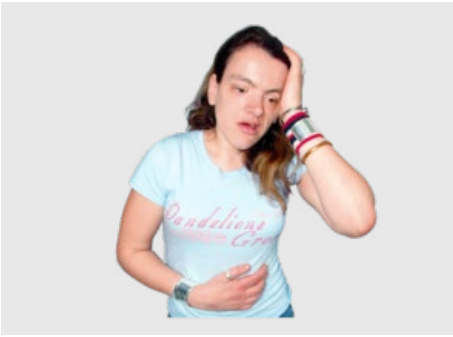
Your medications should be checked by a doctor once a year.

Your doctor might want to check more than once a year.

What to do if there is a problem



You can get better if you take the right medication.



Sometimes it might not be right for you.



It can take time to find the right medication.

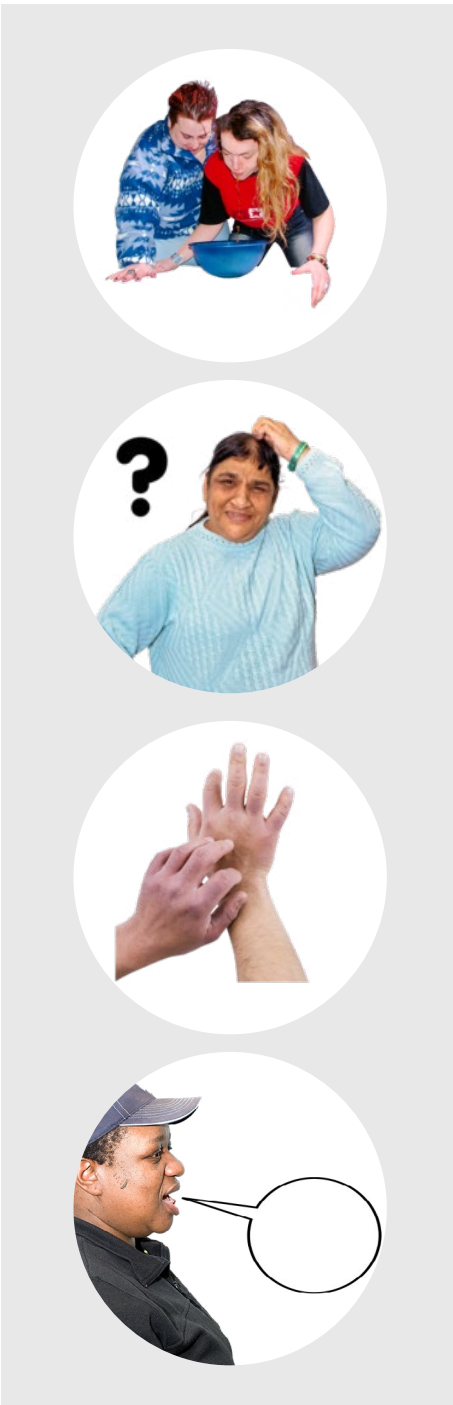


You can tell someone when you start a new medication.

Your support person might know you are on new medication.



Changes might mean the medication is making you sick.



Some signs might be

- Vomiting or sweating
- Feeling confused or sleepy
- A rash on your skin
- Speaking slow or fast.

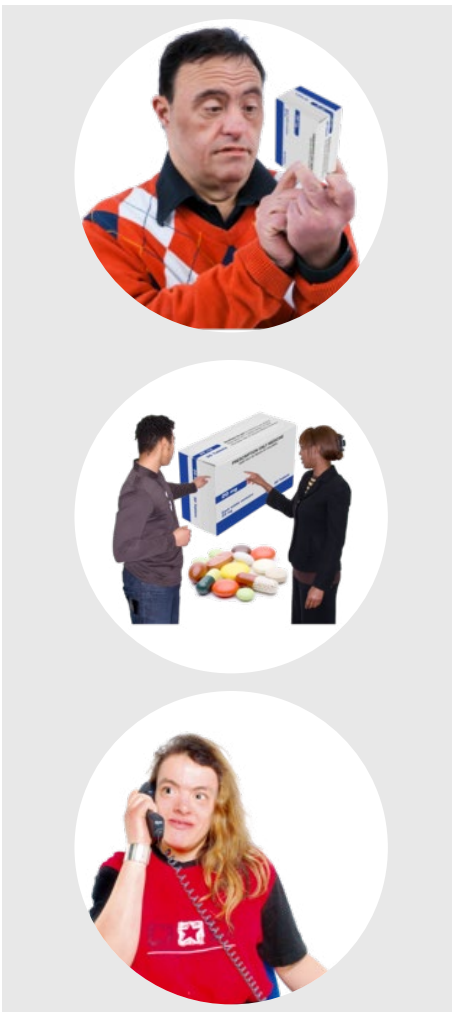


Talk to your doctor if you do not feel well after you take medication.



Get help if you feel worse after taking medication.

Call 000 if you are very sick.



You can take charge of your health when you know

- What your medications are
- How to take them
- What to do when there is a problem
- Who to ask for more information.



You can make choices about your medication.



You have the right to know about medications.



The doctor must tell you what you need to know.

You can talk to your doctor about your health

This guide is **not** the same as advice from a doctor.



You can call **Healthdirect** if you cannot get to your doctor.

A nurse can give you information on the phone.

Call **1800 022 222**.



View all our easy read health information guides and resources here

www.cid.org.au/resource-tag/health-guide



Contact CID



1800 424 065



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