Overview:

This session focuses on how staff can help educate people about the medications being taken.
Why it is important for people to learn about their medications?

- Awareness
- Invested
- Informed Choice
- Healthy Decision Making

Independence
Medication Support

Key areas to know before supporting people to learn about their medication:

- What matters to the person in managing his/her own health and medications?
- What are the person’s preferences related to learning about medication taken?
- What is the person’s learning style?
- How does the person express any issues with the medications or identify concerns?
Communication Preferences

Identify preferences from a person who does not use words to communicate

• Always offer the person the opportunity to learn more
• Allow time for the person to respond
• Trial and error
• Building on a person’s skills and abilities
• Using other tools/technology to support the person in gaining an understanding
• “Nothing about me without me”
Potential methods to support the education of medication management
Medication Management

People can receive Medication Management education and support cues from:

- Doctor appointments
- Medications
- Nutrition
- Specific diagnosis
- Medication side effects
Medication Management Cues

Examples:

- **Doctors appointments**: Have the doctor explain what the medication is for and the dosage
- **Health condition or diagnosis**: Discuss the relation between the health condition and the medication
- **Medications**: Explain what each medication is for, describe color and shape
- **Nutrition**: Share how diet may effect medication regime
- **Specific diagnoses**: Review the person’s diagnosis such as hypertension, diabetes and how the medication helps
- **Medication side effects**: Review any medication side effects
Learning about Medications
Learning about Medications:

- Color, size of medication

**Example:** “Your blood pressure medication is round and blue. Your pain medication is small, round and pink”

- When medications are taken
- Possible side effects of medications
- How to fill a prescription
- Understanding how to complete a task based upon a number of small tasks
- Picking up medication from the pharmacy
Teaching Techniques
Teaching Techniques

- **Chunking** - Teaching information in small, easily understood units

- **Chaining** - Repeated practice where a person does one more step, each time, independently

- **Picture Cues** - Pictures used to enhance, augment, or replace spoken language

- **Choice A/B** - A request to choose between two selections

- **Behavior Intervention: Frequent positive reinforcement** - Verbal praise given and/or small tokens for successful completion of each step or unit

- **Chronological Age and Intellectual appropriateness** - Address and discuss issues appropriate to the individual’s chronological age
Methods to Build Independence

- Teachable Moments
- Build a Trust Network
- Repetition through Ritual and Habit
- Peer Groups
- Search for Meaning in Behavior
- Technology and Media
- Accessibility
- Support vs. Control
Questions and Feedback

The Georgia Collaborative ASO
Thank you

For Georgia Collaborative ASO general inquiry or questions please email: GACollaborativepr@beaconhealthoptions.com