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# UNDERSTANDING MEDICATIONS AND GETTING REFILLS

## PARENTS & CAREGIVERS

No one understands the effects that medications have on your child than themselves and their caregivers. Making sure that your child continues their medication regimen as they transition to adulthood will be important in helping them manage their symptoms. Helping your child gain the health care management skills of advocating for themselves when their medications are causing problems will also be an important component of transitioning to adulthood.

### Helpful Tips:

- If applicable, help your child learn the names of their medications. Some medications have brand and generic names, so ask your child's provider if they can use the generic version.
- With the help of your child's provider, teach your child the reason for why they need to take their medication and how it treats their health issue.
- Encourage your child to tell their health care provider if they have any trouble taking their medication or if they experience side effects.
- Encourage your child to bring their prescriptions, over the counter medications, and supplements (if applicable) to their appointments.
- Help your child make a Medication List that includes:
  - Name of the medicine
  - How much they take (dose)
  - Time of day they take the medication
  - Why they take the medication
  - What happens if they skip the medication
  - Possible side effects or other medications that might impact the way their medicine works

### For youth with medically complex needs:

- Share a medication list, dosage, and schedule with any person that may assist with your child's care. Your child may not be able to independently manage their medications, so ensuring that those around them are aware of their special needs will be important.
- Write down signs that your child may not be tolerating their medication well or signs that they are in pain. This will help those unfamiliar with your child in assisting them when needed.
- Write down what to do in an emergency and make sure to have your child's medical summary with them at all times. There may come a time when your child experiences a medical emergency and you are not with them. The medical summary will help providers best care for your child's needs.