Everyday Medication Supports - Concept brief

Understand the idea behind everyday medication supports and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey's refill routine is disrupted by transport problems.

The idea

Practical supports should be chosen collaboratively and fit the prescribed plan.

An ordinary example

Casey's refill routine is disrupted by transport problems.

What this can look like

Identify one barrier to following the agreed prescription and a reminder or access support to discuss with the team.

Check the fit

Which support addresses the actual barrier? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

Which support addresses the actual barrier?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A06-1