Everyday Medication Supports - Review journal

Review an attempt at everyday medication supports and choose what to keep, change, or leave aside.

Adults; supported use as appropriate | 10 minutes

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

Use an ordinary or fictional example, with a clinician when appropriate. Practical supports should be chosen collaboratively and fit the prescribed plan.

Practice task

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

1. What I tried, or what happened in the fictional example:

2. What I noticed before, during, and after; what remains uncertain:

3. What helped, did not help, or was outside my control:

4. Which support addresses the actual barrier? My optional adjustment or support request:

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-A06-5