

Keep track of your medicines:

- ✔ Ask your doctor or pharmacist to help you maintain a current **list of your medicines** with space for:
 - the name of the medicine
 - the active ingredient
 - its strength
 - how much you should take and how often
 - when you started using it
 - special instructions (e.g. side effects to watch out for, how long to take it).
- ✔ Take your list with you each time you see your doctor to ensure it is kept up to date.
- ✔ Make taking your medicine a part of your daily routine.
- ✔ Talk to your doctor or pharmacist if you are unsure about your medicines.
- ✔ **Ask your doctor about DVA's DAA Service.**

Looking for more information?

Speak to your doctor or pharmacist.

See the DVA website

<http://www.dva.gov.au/health-and-wellbeing/wellbeing/dose-administration-aid-service>

Veterans' MATES

www.dva.gov.au/health/veteransmates

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Keeping track of your medicines

Get the best from your medicines



All medicines work better if used in the **right way**.

To make sure you are taking your medicines properly you need to:

- know how much medicine to use and how often
- remember to take your medicine
- remember if you have taken your medicine.

A medicine organiser can help you keep track of your medicines.

What is a medicine organiser?

A medicine organiser, also called a dose administration aid (DAA), sorts your tablets into various compartments according to the day of the week and the time of the day you should take them.

DVA's DAA Service

To help you get the most benefit from your medicines DVA is now providing free to eligible veterans pharmacy-packed DAAs.

If you are already using a medicine organiser or think an organiser will help you, you might like to talk to your doctor about this free service.

Samples of some of the pharmacy-packed DAAs available:



Why use a **DVA DAA Service**?

- ✓ A DAA helps you take the right medicine at the right time.
- ✓ It helps you check if you have taken your medicine.
- ✓ A Home Medicines Review is used to make sure a DAA will work for you.
- ✓ It is a complete service. Your pharmacist:
 - packs it for you regularly
 - ensures only suitable medicines are packed
 - works in consultation with your doctor.
- ✓ The service is **free** to eligible veterans. It will not change the cost of your medicines.