



You have something in your teeth. Your zipper is down. You have on two different socks. You rely on close friends and family members to help you out when these things happen—why not get them to help you with your medicine?

The following tips can help you create your own family and friends support network:

**Who** should help

- Do you have a trusting relationship?
- Are they responsible enough to help?
- Are they comfortable helping?
- Are they willing to help?
- Can you talk with them openly?

**Why** they help

- Memory plays a role in your daily medication routine.
- A good support network may help you take your medication as prescribed.
- Your friends and family know YOU.
- They know when you need help and how to give you the help you need.

**How** you can help them help you

- The more your loved ones know, the more they can help.
- Make a complete list of the medications you are supposed to take, including dosages and times at which you are supposed to take them, to help friends and family help you.
- Create a mock contract, which outlines how your support network will work together.
- Keep communication open using social networking sites, cell phones and email.

When your support network helps you out, reward them—and yourself!