

How to Track Medications Without Losing Your Mind

Practical tips for busy, stressed-out caregivers — from someone who's been there.

1. Keep It in One Place

Sticky notes, text messages, scribbles... chaos!

- Use a **single log** (notebook, sheet, or app)
 - Try **color-coding** by time of day or person
 - Keep **as-needed meds** on a separate list with notes
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2. Build a Routine, Not a Reminder

Set a timer... and forget it five minutes later? Same.

- Tie meds to daily anchors: coffee, meals, teeth brushing
 - Use pill organizers or pre-fill containers
 - Place meds in a **visible but safe** spot
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3. Make Logging Stupid Simple

You don't need a spreadsheet. You need sanity.

- Try a **paper log with check-off boxes**
 - Only log what matters: time taken, missed dose, reactions
 - Keep the log near meds or your phone
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4. What to Log (and What to Ignore)

Don't track everything—track what helps.

Log:

- Time taken
- Missed doses
- Side effects
- New or worsening symptoms

Ignore:

- Guilt—you're doing your best
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5. Back It Up

No one wants to redo weeks of notes because the dog ate your log.

- 📷 Snap a photo of your paper log weekly
 - Use an app (like *Compassion Tracker* 😊)
 - Share key info with your care team or backup caregiver
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💜 ***Compassion Tracker's full digital health log is coming soon!***

Track meds, vitals, notes, appointments & more – all in one secure place.

👉 Visit compassiontracker.org to get updates.