Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

Ohio Department of Health

HOW CAN I STICK TO A HEALTHCARE ROUTINE?

YOU ARE NOT THE ONLY ONE WHO STRUGGLES

It is normal to struggle with your healthcare routine. It is not easy to take medications, keep up with treatments and remember appointments on top of school and after-school activities. A lot of teenagers forget doses, get burned out, stop caring, and get frustrated. This does NOT mean you are lazy, it means you are human!

WHY YOUR ROUTINE MATTERS

Even if you are not experiencing symptoms of your condition or changes are not obvious, your medication and treatments are often working behind the scenes to keep you healthy.

Staying on track helps to prevent symptoms and flare-ups, keep you out of the hospital, give you more energy for school, sports, and friends, and reduce long-term stress.

STRATEGIES THAT ACTUALLY HELP

Try the following simple strategies to help fit your medications and treatments into your routine:

Use alarms on your phone or reminder apps.

Pair medications with habits that you already have, like brushing your teeth.

Keep your medication and supplies **where you can see them**.

Use reminder notes, calendars, or lock-screen reminders.

Build your healthcare **around other activities** like school, sports, and sleep.

TALK TO YOUR HEALTHCARE PROVIDER

Now that you are getting older, you play a part in your healthcare. If you have questions or need help with your medications or treatments, don't be afraid to speak to your doctor.

Don't be afraid to mention things like:

- The schedule for this medication is too hard.
- I would prefer to not take this medication at school.
- I'm having trouble with the side effects.

Ask questions like:

- What happens if I miss a dose?
- Do you have an idea for an easier routine?
- Do you know of any reminder tools that help?
- Can we change the timing of my medication?
- What should I do when I am busy or traveling?
- How can I be more independent with my healthcare?

Do not feel ashamed to tell your doctor if you are struggling with keeping up with your routine. Their goal is to help keep you healthy. Remember, taking care of yourself now helps you build confidence, independence, and skills that will help you long after you graduate high school.