

## Resident information leaflet for self-administration of medicines

### What is self-administration?

Self-administration means that you can look after your medications and take some, or all of them without the prompt of the care staff whilst you are staying in a care home.

### How does self-administration work?

A member of the care home staff will discuss the process with you. They will need to check that you can self-administer your medication safely. This will involve a short assessment. You will be asked questions about your current medications:

- Do you know what the medication is for?
- How much should you take (the dose)?
- How many times a day you should take the medication?
- What would you do if you missed a dose?

The assessment may also identify that there are other ways to support you to take your medicines.

You will be asked to sign an agreement (consent) form if you wish to self-administer your medicines. This arrangement will be reviewed regularly, to check whether you still want to self-administer and whether you can continue to self-administer safely.

Your medication will be stored in a lockable cupboard or drawer in your room. Some medicines which require special storage conditions, such as refrigeration, will be stored by the care home staff.



## What are my responsibilities?

- To inform the care home staff if you are experiencing any difficulties in taking your medication.
- To inform care home staff if you are running out of any medication.
- To inform the care home staff of any missed doses or doses taken incorrectly, for example an extra tablet.
- To report any side effects from taking your medicine to a carer, nurse, doctor, or pharmacist. Information about side effects can be found in the patient information leaflet provided with each medicine.
- To check that the medication you receive from the care home staff is correct.
- To keep your medicines stored securely in the cupboard or drawer provided and ensure it is always locked.
- To make sure you do not share your medicines with other residents.
- To make sure that you do not allow other residents or visitors to have access to your medicines.
- To speak to a member of the care home staff, the GP or pharmacist if you have any questions about your medication.
- To inform care home staff if you wish to take or are taking any herbal or complementary medicines, or medicines bought over the counter in a pharmacy or shop.

## What are the care home staff's responsibilities?

- To provide support where necessary and practical advice to enable you to continue to self-administer your medications if you wish to.
- To provide you with sufficient medication to complete the 28-day medication cycle.
- To provide you with a suitable space to store your medication securely.
- To provide you with information about your medicines or identify where you can access the information.

