Worksheet: Managing Medications and Supplements

The person you're caring for may be taking multiple prescription drugs, as well as over-the-counter medicines and dietary supplements. It can be confusing to keep track of everything! This form can help. Because medication regimens may change over time, consider making copies of this form to use in the future. Or you can download additional copies from NIA's website at www.nia.nih.gov/health/caregiver-worksheets. Try to bring a current list of medications and supplements to every doctor appointment.

Name of medication or supplement	What it's for	Date started	When and how often it's taken	Dose	Color/ shape	Prescribing doctor	Concerns

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