

## INTERNATIONAL ALLIANCE OF ALS/MND ASSOCIATIONS

## **Medicine Chart**

## Source:

The forms in this document were adapted from the Alaska Department of Health publication: Get Ready! Alaska's emergency preparedness toolkit for people with disabilities.

Medicine Chart				
In the morning, I take:				
Name:	Dosage:	This looks like	How I take it:	
With lunch, I take:				
Name:	Dosage:	This looks like	How I take it:	
In the evening, I take:				
Name:	Dosage:	This looks like	How I take it:	

Before bed, I take:					
Name:	Dosage:	This looks like	How I take it:		
Other medications I do not use every day:					
Name:	Dosage:	This looks like	How I take it:		

Updated:// *Be	sure to update this form yearly
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