

The why & language

Developmentally able to comprehend more complex information, and have a mature understanding of the anatomy of their body and internal organs, thus you can provide more accurate information about how the medication helps their body
Encourage your teen to participate as an equal decision makers

- Emphasize the need, how important medication adherence is for their body - individualize and refer back to symptoms the medication is helping with.
- Medication adherence can be an individual responsibility as the teen gets older and is seeking more independence.
- Be honest about expectations and details of medication

Practice

Utilize candy to practice if pill swallowing is needed - start small and gradually get bigger after being successful multiple times at each step

Practice with the teen or allow space to practice alone so not put on the spot
Ask for their input, what they think would help them

Utilize any peer supports if teen is open (youtube, peer support, community)

Providing Warning

Look to gradually place more accountability on the teen for establishing medication reminders, as they demonstrate confidence and compliance

- Set an alarm
- Before or after specific activity of time of day

Decide on Structure

Work with teen to decide what their medication schedule looks like

Where is a safe place to store medication, do they need another medication container for when they are on the go - school, practice, in a backpack or purse
Establish boundaries

- As their caregiver, you will check in with them at the end of each day at the beginning to ensure adherence, or spot check occasionally

Following Activity

Teen may not need activity consistency following medication administration, however, ongoing conversations as to the importance of medication adherence and how it related back to activities/events/hopes they enjoy.

Check in about supporting the teen in talking with their friends about their medication or why they have to take it in a way that feels comfortable for them.