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Speaker 1:

This video is about supporting people in taking medication. It was taped during the COVID-19 shelter at home. Do you take different kinds of medicines? Taking medicines can be confusing. Taking them the wrong way, at the wrong time, in the wrong amount can be dangerous to your health.

Bobby Roses:

Hey, Alex. How you doing, man?

Alex Navarro:

I'm good, Bobby, and how are you?

Bobby Roses:

I'm good, man. Just over here, trying to keep busy and-

Speaker 1:

Meeting online can be a good way to check in on support needs at any time.

Bobby Roses:

I wanted to check in with you about your medicine and how that's going. Do you still want one of your goals in your plan to be able to take medicine independently?

Alex Navarro:

Yes. I want to learn and keep reminding myself to take my medicine at the right time in the day.

Bobby Roses:

All right, Alex, why don't you pull out your medicine box and let's see what you got in there.

Alex Navarro:

Open it? Yeah.

Bobby Roses:

We'll work on getting you familiar with filling that up and scheduling your medicine.

Alex Navarro:

Yeah.

Bobby Roses:

What else you got?

Alex Navarro:

Two medicines.

Bobby Roses:

What is that one that you just pulled out? What is that medicine for?

Alex Navarro:

This is for my allergies.

Bobby Roses:

How often do you take that?

Alex Navarro:

Twice a day. [inaudible 00:01:28]

Bobby Roses:

What time?

Alex Navarro:

At 8:00 AM and 8:00 PM.

Bobby Roses:

I believe you have one more thing in that medicine box. What was that second medicine for?

Alex Navarro:

The calcium? I don't know what that's for.

Bobby Roses:

Oh, it's calcium. The doctor wants you to take it so your bones stay strong. How often do you take that?

Alex Navarro:

Once a day after I take my allergy medicine.

Bobby Roses:

And that's in the evening time, right?

Alex Navarro:

Yes, that is in the evening.

Bobby Roses:

How are you keeping up with your medicine and you're reminding yourself?

Alex Navarro:

I do what my... It said so on my checklist.

Bobby Roses:

And you're filling all that out yourself?

Alex Navarro:

Yes, I am.

Bobby Roses:

Excellent, and I see all the check marks and all the information.

Alex Navarro:

The color dots tells me when to take my medicine.

Bobby Roses:

That's helpful for you, that works?

Alex Navarro:

Yes, this is easier for me to take my medicine.

Bobby Roses:

So Alex, do you have a good supply of medicine for the next few weeks?

Alex Navarro:

I do, but I'm almost running out of medicine.

Bobby Roses:

Okay. Well, I can arrange a time-

Speaker 1:

In this situation, it was also a good time to go over ways to stay healthy.

Bobby Roses:

Remember to wear your mask when you go out, keep at least six feet of distance between you and other people, and that's pets included. Always wash your hands before and after you eat, and when you come back home, wash your hands. Have a good one.

Alex Navarro:

You too. Bye.

Bobby Roses:

Bye.

Alex Navarro:

Medication is no joke. I work with Bobby to be safe, to take my medicine.

Speaker 1:

Be smart. Be safe with your medicines.

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