## **ADHERENCE SELF ASSESSMENT**

Do you know the names of all of your medicines?	☐ Yes	□ No
Do you know what each of your medicines is for?	☐ Yes	□ No
Do you know how to take all your medicines?	☐ Yes	□ No
Do you think you need all the medicines you are taking?	☐ Yes	□ No
If you answered "No" to any of the questions above, you might not be getting the most benefit from your medicines.		
Do you ever forget to take your medicine?	☐ Yes	□ No
When you feel better do you sometimes stop taking your medicine?	☐ Yes	□ No
If you think your medicine is making you feel worse, do you sometimes stop taking it?	☐ Yes	□ No
If you answered "Yes" to any of the questions above, you might not be getting the most benefit from your medicines.		

Source: adultmeducation.com