

MY ILLNESS AND ME

TASK CARD

“I have challenges with...”

“I find it difficult to see what is written on my medicine...”

1

“I get confused with all this talk about illness...”

2

“It is difficult for me to get down to the pharmacy and collect my medicine ...”

3



MY ILLNESS AND ME

“I forget to take my
medicine now and then ...”

4

“I do not always manage
to take my medicine ...”

5

“You get ill from taking
lots of medicine...”

6

“I don't like the taste of
my medicine...”

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MY ILLNESS AND ME

” I find it difficult to swallow the pills...”

8

” I have problems opening the packs...”

9

” I often feel so busy that I forget to take my medicine or to fetch it from the pharmacy...”

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” I do not feel that those around me understand what having a chronic illness means...”

11



MY ILLNESS AND ME

“Medicine is so expensive that I have to down-prioritise other things...”

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“I don't like other people to know that I have a chronic illness...”

13

“When I'm with other people, I don't always get to take my medicine...”

14

“I forget to measure my blood sugar...”

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MY ILLNESS AND ME

“I am worried about the side effects of the medicine...”

16

“I don't think that the medicine is working...”

17

“I am not sure whether it is good to take so much medicine at one time...”

18

“I am nervous about my blood sugar being too low...”

19



MY ILLNESS AND ME

”Once in a while I get the various pills mixed up or I can’t remember if I have taken them...”

20

”I don’t understand what the medicine is good for...”

21

”I don’t think that the medicine helps in this illness...”

22

”I don’t feel ill ...”

23



MY ILLNESS AND ME

“I don’t understand why I have to take medicine when I am well...”

24

“I don’t need medicine now...”

25

“Once in a while I take a break from my medicine because I feel well ...”

26

“I don’t trust the health system...”

27



MY ILLNESS AND ME

“I don’t understand much of the information I have received ...”

28

“The various health care professionals don’t agree on what treatment I should be having...”

29

“I don’t think that the things the doctors talks about, are important to me...”

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“I can’t communicate well with my doctor ...”

31



MY ILLNESS AND ME

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33

RELEVANT

**NOT
RELEVANT**

