

Solutions to Your Problem Getting to Appointment to Refill Prescription Due to Household Responsibilities

You might consider some of the following ways to work on the problem you identified of household responsibilities getting in the way of getting to an appointment to refill your child's asthma prescription.

Swap services with someone

Perhaps you have a service you can offer a friend in exchange for taking your child to the doctor. For example, cooking, cleaning or something you do as part of your job that could be helpful to others in their daily life. Remember to give that person a permission form.

Ask family member

Perhaps a family member would take your child to the doctor. Remember to give that person a permission form.

Get help from a professional

Perhaps you are really overwhelmed by all you have to do. Sometimes it can be helpful to seek help from a professional, like a social worker, counselor or psychologist. Consider getting a referral from your child's doctor.

Consider what responsibilities could be dropped

Perhaps there are some tasks you have taken on that you could let go of. Sometimes it can be hard to say 'no' when others need you. Remember that your child needs you as well. Getting his/her medicine is really important.