

## **EverGuide 4Ms-Plus™ — Medications Summary**

Participant: Mary H.

Client #: 12345

Facilitator: James Kraft, Ph.D.

Date: February 10, 2025

*Sample EverGuide Dashboard Content – For Demonstration Purposes Only*

### **What Mary Shared**

When we talked about medications, Mary described them as a steady part of her routine rather than a major concern. She shared that she takes her medications at the same times each day and keeps them organized where she can see them.

“I don’t really think about them much anymore,” she said. “They’re just part of how my day goes.” Mary noted that she feels comfortable with what she is taking and trusts that the list is up to date.

At the same time, she acknowledged occasional uncertainty. “If something changes, I like to know why,” she said. “I don’t like surprises when it comes to pills.”

### **Facilitator Observations**

Mary spoke with familiarity and ease when describing her medication routine. She did not express confusion, but she did emphasize the importance of clear communication when changes occur. Her comments suggested confidence grounded in routine rather than detailed knowledge of each medication.

### **Key Insights**

- Medications are integrated into Mary’s daily rhythm.
- Routine supports her sense of confidence and control.
- Unexpected changes feel more unsettling than the medications themselves.

### **Encouragement for Family**

Mary’s comfort comes from consistency and clear explanations.

### **Suggested Next Steps**

- Continue to keep Mary informed when medications change.
- Notice whether the routine remains easy for her to manage.
- Keep this summary in mind during appointments where medications are discussed.