

# Insert your own eye drops

Medications, such as eye drops, are provided by the pharmacy or after surgery in the hospital. Currently, a healthcare worker from home care often visits you at home to administer your eye drops. However, this will change starting from November 1, 2024. Administering eye drops is something you can easily do yourself, thanks to tools that are very simple to use, such as an eye dropper aid. This will save you time: you no longer have to wait for a healthcare worker to visit. You can administer your eye drops whenever it suits you!

## Have you been prescribed eye drops by your doctor?

If so, you will receive clear instructions at the pharmacy on how to use them, so you can do it yourself at home, just as you are used to with other medications. If you need more explanation, you can visit a support center.

Check [www.samenmeervoorelkaar.nl/oogdruppelen](http://www.samenmeervoorelkaar.nl/oogdruppelen) for a location near you.

Of course, healthcare workers will continue to assist those who, for (medical) reasons, are unable to administer their own eye drops.

## The number of people requesting home care is growing.

## The number of healthcare workers is decreasing.

Therefore, all healthcare organizations are working together to reorganize care differently. Administering your own eye drops is an example of this. Hospitals, general practitioners, pharmacies, and district nursing services: all organizations in the care chain are participating. If you administer your own eye drops, it saves the home care workers time. They can then use this time to assist residents who require other forms of care. By administering your own eye drops, you are not dependent on someone else and can decide when to do it yourself. Additionally, you help ensure that more residents with care needs can be assisted.

