

Tablet for a senior – 12-step checklist

From idea to a ready wall medication board. Print it, tick it off, set it up once – and stop asking “Mum, did you take it?”.

DECISION AND HARDWARE

- 01 **Decide together with the older adult** that you want to try it. Without this, step 11 will fail.
- 02 **Choose a tablet** from one of three paths. Cheap new Android, used iPad, or a device already in the family.
- 03 **Choose the place in the home.** Kitchen, hallway or living room, on the natural route through the day.
- 04 **Prepare the mount.** VESA holder with adapter or a simple wall shelf, plus the charging cable.

THE MOJAPTECZKA APP

- 05 **Install mojApteczka** from the App Store or Google Play.
- 06 **Create the older adult’s account** or sign in to the existing one.
- 07 **Add their medicines** – fastest through the camera scanner.
- 08 **Set reminders** with exact times and any optional dose split.
- 09 **Pair the caregiver phone** through the caregiver role in the shared family medicine cabinet using QR.

KIOSK MODE AND FINISHING

- 10 **Turn on single-app mode** with a PIN. Guided Access (iPad) or Screen Pinning (Android).
- 11 **Set the tablet to stay on.** Auto-Lock to “Never”, brightness 60–70%, keep permanently powered.
- 12 **Observe for one week** and adjust. Does the older adult look, do the bars fill, is anything confusing?

Kiosk mode – iPad

1. Settings → Accessibility → Guided Access → turn on.
2. Passcode Settings → set a code the older adult does not know (kept by caregiver).
3. Open mojApteczka on the “Reminders” screen → triple-click Home/top button → start.

Kiosk mode – Android

1. Settings → Security → Advanced → Screen Pinning → turn on (Android 5.0+; Samsung: Biometrics and security).
2. Enable “ask for PIN before unpinning” – code kept by caregiver.
3. Open mojApteczka → pin it from the Recent Apps card.

WHAT THE OLDER ADULT SEES FROM THREE METRES

- Green – dose taken on time ● Amber – >60 min, late and worth checking ● Red – >180 min, marked as missed

Download mojApteczka onto the older adult’s tablet. The basic version is free – the daily dose bar, dose-time colours and shared family medicine cabinet work without payment.

📱 App Store: apps.apple.com/pl/app/mojapteczka/id6760895282

🌐 Google Play: search “mojApteczka”

📖 Full guide: mojapteczka.pl/blog/en/tablet-on-wall-senior-medication-board-2026

mojApteczka is an organisational and informational tool. It helps organise the medicine cabinet and remind the family about scheduled doses, but it does not replace advice from a doctor, pharmacist or nurse. Therapeutic decisions – what to take, at what dose, and when to skip – always belong to the specialist responsible for the older adult’s care.