

# Medication Safety for Older Adults

Medications help older adults manage their health conditions. The drugs we take need managing, as well!

When your doctor prescribes a new medication, ask ...

- What is it for?
- Do I really need it?
- How should it be taken?
- For how long should I take it?
- What are possible side effects?
- How should I store it?

Ask your primary doctor to review all your medications.

- Include drugs prescribed by all your doctors.
- Bring in your pill bottles or a list.
- Include over-the-counter drugs.
- Don't forget supplements.
- Discuss side effects.
- Ask if each drug is still needed.

#### Medication Safety at Home

Create a reminder system. This could be a ...

- Pill box
- Timer
- Chart
- Smartphone app



Do use a single pharmacy if possible.

**Do** dispose of unneeded or expired drugs safely.

Do keep medicines out of the reach of children.

**Don't** discontinue a drug without your doctor's OK.

Your professional in-home caregiver can provide transportation to the pharmacy or pick up prescriptions, and provide medication reminders. Contact Right at Home today and ask for a care consultation.



# **Medication Administration Safety Guide For Senior Citizens**

**Ying-Ying Zheng** 

Medication Administration Safety Guide For Senior Citizens:

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