

# Medication Management for Seniors

As you age, medications may become part of your routine. Taking them as directed is one of the most important things you can do to maintain your health.

But managing your medications can be difficult. Especially if you have more than one medication.

Follow this basic checklist to make sure you are following your medication plan.

**Do:** Talk with your healthcare provider about why each medication is prescribed and how they help you.

**Do:** Store your medications together in the same place. This will make it easy to remember exactly where they are.

**Do:** Read the medication labels to make sure you take each medication as directed.

Some medications will need to be taken with or without food. If you find that the labels are hard to read you can request larger print from the pharmacist

**Do:** Sort your medications for the days and time during the week. And check the amount of medication you have to see if you need a refill.

**Do:** Set up a medication reminder. Many people use their computers, phones, or even a calendar to help them remember to take their medications. This will help you to take your medications at the same time each day.

**Do:** Track your medication in a log, either paper or digital. This way you can be sure that you took your medication for that date and time. Take this log with you to your healthcare appointments.

**Do:** Create an up-to-date medication list, take it to your healthcare appointments and carry it with you. Include any vitamins, over-the-counter medications, or supplements that you take as well.

**Do:** Let your family know where your medications are and share your list as well. They might need to help you manage your medication plan.

**Do:** Talk to your healthcare provider if the cost of your medications is an issue. There are programs available if you are having difficulty paying for them.

**Do Not:** Double dose. Contact your healthcare provider about what to do if you miss a dose.

**Do Not:** Ignore any changes in your sleeping, weight, or other health issues. As you get older your response to medication can change.

**Do Not:** Take any medication that is past its expiration date.

**Do Not:** Share your medication with anyone else.

**Do Not:** Combine your medications into one container. Some medications can interact with each other.

**Do Not:** Stop taking your medication without first talking with your healthcare provider.

This program is for informational purposes only. Publisher disclaims all guarantees regarding the accuracy, completeness, or suitability of this video for medical decision making. For all health related issues please contact your healthcare provider.

**healthclips®**

# Medication Management for Seniors

By following this medication checklist, you can manage your medications to help maintain your health into the future.