



MEDICATION GUIDE

As our loved ones age, monitoring their medications can be overwhelming.
Here are some ideas to consider.

Tips

- Make sure the medications are visible and accessible
 - Ensure containers use clear language that is easy to read
 - If using pill organizers, ensure they are easy to open
 - Create a medication list which clearly describes the name, appearance, purpose, and time of day it should be taken for each medication
 - If using an alarm (near the medication) ensure it is loud enough, and easy to operate
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Medication Safety

- Keep all medication out of reach of children and pets
- If other people have medications, keep them in separate containers that are clearly labeled with names
- As medications change, the list of medications should be updated as soon as possible
- Make sure the doctors office and pharmacy information is accessible
- Controlled medications should be put in a lock box
- Check for loose pills or missed doses
- Safely dispose of unused medications and controlled substances