

Topic - Medication Management for Elderly
Title of the Article - Management of Medicines for the Elderly

What is it:

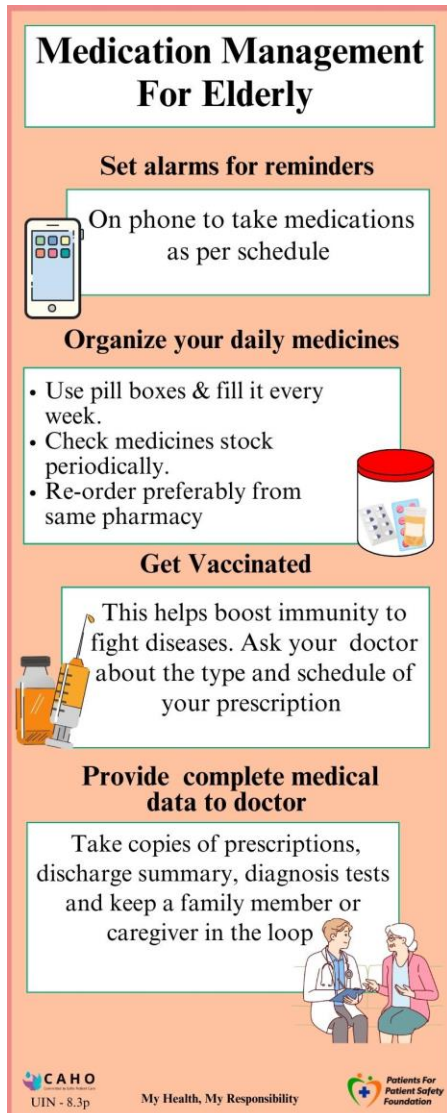
As we age, we are more likely to be prescribed multiple medicines that need to be managed carefully. Due to memory lapses and declining vision, we may face difficulties in remembering and reading instructions. Making a common list of all medications prescribed, and organizing and planning a routine to take medicines will help you manage better. You may gain tips from patient support groups.

Some tips to avoid medication errors:

1. **Organize medicines in a pill box** as per the common medicine list. Buy pill boxes suitable for the timing like am/pm etc fill them on a weekly basis. Some designs have removable pockets that can be carried while going out. Check medicines stock periodically to re-order. Keep all medicines in one location.
2. **Set alarms for reminders** on a phone, clock or reminder app to take medications as per schedule. Time your medicine intake around other daily routine tasks or chores like meals.
3. **Use one pharmacy** so that your chemist knows your medicines and always keep a sufficient stock of your medicines. The provision of a 24/7 delivery facility is useful.
4. **Always take your medication as** per the doctor's instructions, and ask for clarification in case of doubt. Take the full course even if you feel better, as your condition may continue to exist/worsen if you stop prematurely.
5. **Provide complete medical details to your doctor:** Take copies of prescriptions, discharge summary and diagnostic tests. Make a note of all the essential information provided by the doctors, including the purpose of the medication, timing and duration of the treatment. Keep a family member or caregiver in the loop.

6. **Maintain your adult vaccinations schedule** as this helps to boost immunity and fight diseases. Ask your doctor to prescribe suitable vaccinations with the schedule.
7. **Manage health costs smartly:** The cost of medications and treatments can be high, especially for chronic health conditions. Avail senior citizens discount wherever applicable.

ADD This Poster below - (attached in the mail)



Medication Management For Elderly

Set alarms for reminders

On phone to take medications as per schedule

Organize your daily medicines

- Use pill boxes & fill it every week.
- Check medicines stock periodically.
- Re-order preferably from same pharmacy

Get Vaccinated

This helps boost immunity to fight diseases. Ask your doctor about the type and schedule of your prescription

Provide complete medical data to doctor

Take copies of prescriptions, discharge summary, diagnosis tests and keep a family member or caregiver in the loop

CAHO UIN - 8.3p My Health, My Responsibility Patients For Patient Safety Foundation

To know more:

- [Home to keep Elderly safe](#)
- [Why do Adults need vaccination](#)
- [How to handle multiple prescriptions](#)