

Medication Management for Elderly

Management of medicines for Elderly

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, 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 weekly. Some designs have removable pockets which 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 with meals.
3. **Use one pharmacy** so that your chemist knows your medicines and always keeps sufficient stock of your medicines. Provision of a 24x7 delivery facility is useful.
4. **Always take your medication as** per doctor's instructions, and ask for clarifications 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 a 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.

To know more:

- [Vaccination schedule for adult](#)
- [Tips to Keep Elderly Safe at Home](#)
- [5 Tips for Healthy Ageing](#)
- [Medication management for Elderly](#)

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