

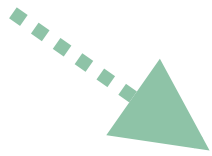
Managing Meds

Steps older adults can take to manage medications



Keep an updated list of all medications, supplements, and vitamins you are taking

Keep a detailed list of medications and pills you take, including supplements and vitamins. Write down the medication name, the dose, and bring this list to all appointments with a medical professional.



Regularly review your meds with your doctor

Reviewing your medications with your healthcare provider keeps your doctors updated on all the medications you are taking and gives you the opportunity to ask questions.



In your review with your doctors, include any over-the-counter medications, vitamins, and supplements you are taking. Ask if there is any potential for medication interactions. Additionally, talk about potential side effects and watch for signs you are experiencing one or more.



Take your medication properly



HealthInAging.org reports that up to 50% of seniors are not taking their medications properly. There are barriers to taking the medication which can range from:

- From the print on the medications being too small or unclear
- The packaging is too tight or there could be physical ailments that disrupt someone from taking medications regularly.
- A lack of information being provided by the medical provider
- A worry about possible side effects



Preventing these barriers can be done by talking to your medical provider

If you are experiencing any barriers to taking your medications properly, call your doctor or pharmacist. A medical provider can tell you exactly how to take the medication and distribute supplies that make the packaging easier to open. Furthermore, they can address concerns over side effects and clarify any uncertainties about a medication.

