



Avoiding Medication Mix-Ups



- The average older adult takes approximately 4 to 5 medications daily
- More than half of adults aged 65 and older report taking 4 or more prescription drugs
- When including over-the-counter drugs (vitamins and herbal supplements), the numbers are even higher



As many as 55% of seniors fail to take their medications as prescribed. That's why we include medication reminders in our customized care plans. Our professional caregivers will help your loved ones set up a tracking system and help ensure they avoid medication mix-ups.

With numbers like these, it's not hard to understand why medication management can be a challenge for older people.

How you can avoid common medication mistakes.

- ✓ **Use organizational tools.** Pill organizers, color-coded labels or automatic dispensers can help keep track of daily doses and times.
- ✓ **Establish a routine.** Align medication times with existing daily habits, such as meals or bedtime.
- ✓ **Use one pharmacy.** Using a single pharmacy allows the pharmacist to monitor all medications and check for harmful drug interactions.
- ✓ **Store medications properly.** Keep medications in a cool, dry place away from direct sunlight. Follow specific storage instructions, if necessary.
- ✓ **Understand all medications.** Ensure your senior understands what each medication is for, how it works and possible side effects.
- ✓ **Involve caregivers.** Family members, friends and professional caregivers can provide valuable support in. Monitoring schedules and communicating with healthcare professionals.
- ✓ **Be aware of potential issues.** Watch for side effects like confusion or dizziness and report them immediately to a doctor.

