



# Managing Multiple Medications After The Hospital or Skilled Rehab

When seniors are discharged from the hospital with multiple medications, the risk of mix-ups increases significantly. If not taken as prescribed, there could be dangerous consequences and, possibly, a return trip to the hospital.



At HCAN, we understand that time and distance may limit your ability to help your loved ones manage multiple medications. We can help. Our professional caregivers are trained to help set up tracking systems to help ensure your seniors are taking the right meds at the right time.

To reduce the risk of medication mismanagement, experts suggest:

## 1. Reviewing discharge instructions.

Carefully review all discharge instructions with a doctor or pharmacist before leaving the hospital. Ask them to review your hospital and home medications together to ensure the final list is accurate and accounts for any changes.

## 2. Clarify new prescriptions.

Get a clear understanding of any new prescriptions or changes to existing ones - including dose, frequency and potential side effects.

## 3. Bring all medications or a detailed list to follow-up visits.

Bring all prescription and over-the-counter drugs to your first follow-up doctors appointment for another review.

## 4. Utilize available tools.

Medication management tools like pill organizers, reminder apps and logs will help your senior stay on track.

## 5. Understand and watch for side effects.

As your loved one's doctor or pharmacist about possible side effects and be vigilant about watching for them. Report anything out of the ordinary to a doctor.

For more information about medication reminders and other services that can help you loved ones age make a safe transition from the hospital or skilled rehab stay, visit [HCAN.com](https://www.hcan.com).



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