



Stay on Your Feet...

Manage Your Medication

Medications whether they are prescription, over the counter, vitamins, supplements, herbal, or topical creams, can help older adults improve or maintain their health.

As you get older, the way medication affects you will change. Some medication may increase your risk for a fall.

Here are a few tips for managing your medication, which will help you maintain your independence and prevent a fall.

Take as directed

- Be sure you are taking the right medication, at the right time, and the right dose. If you are having difficulty remembering to take them, consider using a dosette or blister pack. Your pharmacist can help.
- Do not share medication.
- Do not stop your medication or add new medication, vitamins, or supplements to your routine without consulting with your health care provider or pharmacist.
- Talk to your health care provider or pharmacist if you are having problems swallowing your medication, opening your medication container, or reading the labels.

Medication storage

- Store medication in a dry, cool place that is not accessible to other people and pets.
- Do not store medication in the bathroom or over the stove.
- Store medications in the fridge only if directed.

Manage Your Medication

Know your medication

- Use one pharmacy to track all of your medications and prevent interactions with other medication.
- Review all your medication with your health care provider or pharmacist every 6 to 12 months.
- Have your pharmacist print you two copies of the complete medication list. Keep one in your wallet and the other on your fridge for emergencies.
- Ask your pharmacist about the free MedsCheck program.

Ask questions

Here are some questions to ask your health care provider or pharmacist:

- What is the name of the medication?
- Why am I taking it?
- When and how should I take it?
- How long do I take it?
- What are the possible side effects and what should I do if I have them?
- What do I do if I miss a dose?
- Does it affect other medication I am taking?
- Should I avoid any food or drinks (including alcohol) while taking this medication?
- Can I drive a car while taking this medication?
- Can the medication increase my risk of falling?

Stay Active, Stay Independent, and Stay On Your Feet!

For more information on medication safety and other fall prevention tips, call:

Stay On Your Feet Timiskaming

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or visit www.timiskaminghu.com