

# Medication Management

Keeping medicines safe, simple, and organized

Easy guide for families

## Why this matters

Many older adults take several medicines, vitamins, or supplements. A clear system helps prevent missed doses, duplicate medicines, side effects, and dangerous drug interactions.

## What you may notice

- Confusion about what to take and when
- Too many pill bottles from different doctors
- Sleepiness, dizziness, or falls after medicine changes
- Skipped doses, double doses, or early refills
- Trouble swallowing pills or opening containers

## Daily care at home

1. Keep an updated medicine list with dose, time, and reason.
2. Use a weekly pill organizer only if the schedule is stable and clear.
3. Give medicines at the same time every day (if possible).
4. Watch closely after any new medicine, dose change, or hospital stay.
5. Bring all medication to appointments.

## When to call the doctor

- New confusion, fainting, or sleepiness
- Rash, swelling, vomiting, or diarrhea after a medicine change
- Blood sugars or blood pressures outside the care plan
- Difficulty paying for, swallowing, or obtaining medicines
- You are not sure why a medicine is being used

## Call 911 now if...

- Trouble breathing after a medicine
- Severe swelling of lips, tongue, or throat
- Unresponsiveness or suspected overdose
- Seizure or severe allergic reaction

## Questions for the care team

- Which medicines are essential, and which may no longer be needed?
- What side effects should we watch for?
- Can any doses be simplified to reduce errors?

## Quick daily checklist

- Medicine list updated
- Pill organizer filled correctly
- Refills requested on time
- Side effects watched for
- No expired medicines left out
- Questions noted for next visit

## Safety first

Never stop a prescribed medicine or crush a pill unless a clinician or pharmacist says it is safe.

## Caregiver reminder

A simple medicine system protects both the patient and the caregiver. When in doubt, slow down and double-check the label.

