

Medication Guide




As our family members get older, keeping track of their medications can become difficult. Here are some simple tips to help manage it.

Tips -



- **Store medications in a spot that's easy to spot and grab.**
- **Use containers with labels that are clear and easy to read.**
- **Choose a pill organizer that's simple to open and use.**
- **Make a list that includes the name, appearance, purpose, and time for each medication.**
- **If using an alarm for reminders, make sure it's loud enough and simple to use.**

Medication Safety -

- **Always keep medications away from children and pets.**
 - **Store others' medications in separate, clearly labeled containers with their names.**
 - **Update the list of medications right away whenever changes occur.**
 - **Keep the contact details for the doctor's office and pharmacy easy to find.**
 - **Store controlled medications in a locked box.**
 - **Regularly check for any loose pills or missed doses.**
 - **Properly dispose of any unused or expired medications, especially con-**
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