

10 medication tips for elderly people



1. Store all your medication in the same place

This way you can know at all times what you are taking and avoid interactions and duplications.



2. Make sure medication is stored properly

Use a cool, dry place away from children and pets or, in some cases, specific places like the fridge.



3. Make an up-to-date medication list

Write down medication names, how often it is taken, what dosage should be used, who prescribed it, what it is for, and whether it is for short-term or long-term use.



4. Pre-sort medications for the week

A weekly pill or dispenser should be used to determine which medications should be taken each day of the week.



5. Check for negative drug interactions

Make sure you ask your doctor and pharmacist what negative drug interactions could happen.



6. Make sure instructions are clear

If in doubt, ask your healthcare provider for clarification and further explanations.



7. Use medication reminder tools

New technologies can be used to create reminders or track medications, or a paper agenda.



8. Understand the possible side effects of medications

If you know possible side effects of each medicine, you will be able to identify changes in your health more quickly and notify your doctor immediately.



9. Help seniors with Alzheimer's disease or dementia

If you are caring for an elderly person with these illnesses, you need to help them follow these tips.



10. Plan ahead for medication refills

In case of drugs with long-term prescriptions, it is important to renew the prescription in time so as not to skip any dose. Calendars can be used to prevent this.