

Caregiver Tools For Survival

Medication Management

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- Ron's Pharmacy Services

Safe Medication Management at Home

- Change is the name of the game
- Diseases of Aging often require multiple drugs
 - High Blood Pressure
 - Diabetes
 - High Cholesterol
 - Arthritis
 - Chronic Obstructive Pulmonary Disease
 - Cataracts
 - Urinary Incontinence
 - Sleep Disorders
 - On and on and on

Safe Medication Management at Home

- Dementia complicates a very complicated issue.
- Write everything down:
 - Take the list of medications to the Dr's office
 - Be sure to add all OTC medication and vitamins
 - Write down when they are taken
 - Write down why they are taken
 - Take the list to your pharmacist
 - Caregivers must discuss the list and listen

Be honest!

Safe Medication Management at Home

- Assessing for Self Administration of Medications
 - Time/Day/Month
 - Read and Follow Label Directions
 - Manual Dexterity for oral tablets and liquids
 - Shaking liquids, using measuring devices
- Eye Drops
- Inhalers
- Injections
- Topical (patches, creams, etc)

Safe Medication Management at Home

- Assessing for Self Administration of Medication
 - Recall if medication was taken
 - Understand PRN (as needed)

Review the dates and quantities to see if the medication is actually being used as ordered.

Talk about each medication and LISTEN

Safe Medication Management at Home

- Storage of Medication at Home
 - Temperature
 - Access
 - Labeling
 - Expiration Dates
 - Children
 - Old Rx's
 - Reminders so meds don't get misplaced

Safe Medication Management at Home

- Ordering New and Refill Medication
 - Mail Order
 - Local Pharmacy
 - Your Insurance

How to get the most help from your pharmacist

Take the list

Write down problems and ask for suggestions

for difficult to take medications

to simplify the process

to explain why and call for changes when needed

Safe Medication Management at Home

- Partnering with your Doctor
- Take the list !!
 - Review every medication and OTC/Vitamin that is being used from all doctors.
 - Talk about problems or difficulties in taking medications. (ex. Why so many? They make me sick.)
 - Work down the list and talk about what each does, what side effects do they cause, and how long you will be on them.

Safe Medication Management at Home

- Every patient has the right to the full attention of their doctor and their pharmacist. Don't accept less.
- Medications can cause serious harm and must be constantly reevaluated.
- As we age, our ability to handle our own medication will deteriorate. Sometimes very quickly.
- For families, the realization that the situation is out of control hits very suddenly.