



Medication Management

Managing medication can be a challenging and overwhelming task, yet it is very important when managing certain health conditions. The following tips can help you better manage medication for your loved one.

Choose a Pharmacy

- Use one pharmacy, if possible. This will allow you and your pharmacist to get to know each other, which can improve safety by the pharmacist being able to better identify drug interactions.
- Choose a pharmacy that fits your needs by knowing what services are provided, like home medication delivery or blister packing.
- Consult with your pharmacist whenever you have questions about your medication. They are a wonderful and knowledgeable resource!

Get Organized

- Organizing your medication in blister packs or pill boxes can be a helpful way to keep track of medication.
- Setting timers or alarms will provide helpful reminders to take medication.
- Keep a current list of all medications and dosages in case of emergency.

Discharge from Hospital

- Medications can sometimes be stopped, changed or added while a person is in hospital.
- Hospital staff can help answer any questions you may have about medication changes before your loved one is discharged home. Always ask questions if you are unsure.
- Remember to ask about any special instructions you may need to know about administering certain medications.

Online Resources

There is a variety of information about medication management available online to help support you and your loved one. Here is a sample.

<https://elizz.com/caregiver-resources/how-to/medication-safety>