

MEDICATION SAFETY CHECKLIST FOR OLDER ADULTS



Medications are critical to the health and safety of most older adults. With many seniors living with chronic illnesses longer than ever, the number of medications seniors take has skyrocketed, with many taking over 3 medications a day.

Whether you're taking too much, too little, the wrong combination or simply the wrong medication, the results can be dangerous. It's important to review and discuss your medications with your doctor, at least annually to ensure your medications remain needed, appropriate and safe.



Medication Checklist

Medication Name	Dosage	Times / Frequency	How is Medication Taken	Why is Medication Taken	How is Medication Stored

Over the Counter Medications
(e.g. Advil, Tylenol, Aleve, Motrin, Claritin, Allegra, Robitussin, Dristan, etc...)

Supplements (e.g. vitamin B6, vitamin A, garlic, ginger, ginseng, echinacea, John's wort, etc...)

Medications with Side Effects

Medication	Side Effect(s) You Feel
1.	
2.	
3.	

The medication checklist should be reviewed with your doctor annually, any time a new medication is prescribed or a new symptom or discomfort emerges.



Consult With Your Doctor

- Bring a "brown bag" of all your medications & supplements in their original bottles to your doctor.
- Ask why you're taking each medication and if it's still required.
- Let your doctor know if you're having trouble managing your medications.
- Let your doctor know if you're having any side effects from your medications.
- Let your doctor know if you're having trouble affording your medications.
- Let your doctor know if you're feeling dependent (addicted) to any medications.
- Let your doctor know if you're having trouble filling your prescriptions.



Medication Safety Review

- Keep a list of all the prescription and non-prescription medications (fill out the list above).
- Are any of the medications you're currently taking on the updated Beer's List ([check here](#))?
- Are you taking any medications with dangerous interactions ([check this site](#), we found it easy to use)?
- Notify your primary caregiver of any new medications prescribed.
- When you get a new prescription filled, ask the pharmacist to review all your medications.
- Check to ensure the drug, dosage & frequency on bottles match your doctor's original prescription.



Taking Medications at Home

- Keep a list of all medications in an easy to find location for caregivers & emergency responders.
- Leave a list of all the prescription and non-prescription medications you're taking with a family member.
- Use a pill box, pill pack, or medication dispenser to ensure your taking medications properly.
- Use [medication reminders](#) to ensure you take your medications when you're supposed to.

Are You High Risk for Medication Issues?

As we age, certain factors can make taking medications more dangerous. If you answer yes to these questions, you should consult with a doctor, caregiver, pharmacist or family member to determine if and how you can receive help taking your medications:

1. Do you live alone?
2. Do you have any memory or cognitive challenges?
3. Do you have poor vision or difficulty seeing your medications?
4. Do you have arthritis, or numbness in your fingertips, making it difficult to handle your medications?
5. Do you take more than 3 prescription or over the counter medications daily?
6. Do you get prescribed medications from more than one doctor?
7. Do you fill your prescriptions at more than one pharmacy?