

A Family Caregiver's Guide to Medication Management

BONUS TIPS FOR MEDICATION MANAGEMENT

Safety & Storage

- Store medications in a cool, dry place
- Keep the original packaging for reference
- Dispose of expired or unused medications properly

Maintain Communication

- Stay in regular contact with healthcare providers: share update about how medications are working and any side effects
- Review all medications at every doctor visit, and confirm that each medication is still needed
- If you are overwhelmed by medication management, ask for additional guidance and support from the medical team

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Managing medications can become challenging as a condition advances or medical needs change. These tips will help ensure your loved one receives their prescribed treatments safely and correctly.

1

Understand the medication.

- *Read the label carefully: check the dosage, frequency, and any special instructions*
- *Be aware of potential side-effects or adverse reactions so you can monitor effectively*
- *If anything is unclear, contact the prescriber or pharmacist for clarification*

2

Organize the medication.

- *Create a system that works for you and your loved one: pill organizer, phone alarms, or other reminders help reduce errors*
- *Store medications so they are easily accessible to you, but safe from accidental use by others*
- *Keep a medication log: track what's taken, when, and note any missed doses*

3

Administer the medication safely.

- *Wash your hands before handling pills, liquids or devices*
- *Make sure your loved one is in a comfortable and appropriate position*
- *Follow instructions exactly (for example, take with food vs. on an empty stomach)*

4

Monitor for reactions or effects.

- *Watch for allergic or adverse reactions*
- *If something seems wrong, such as increased confusion or behavior changes, contact your medical team*