

# 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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# A Family Caregiver's Guide to Medication Management

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.



### 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



### 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



## 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)



#### 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

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