

Sticking to a medication regimen can keep you healthier. Many factors are linked to an increased risk of falling and fall-related injuries among older adults, but none is as potentially preventable or reversible as medication use.¹ In fact, taking the right medication at the right time reduces chances of falling by 50%.² Review these medication reminder strategies to help stick to a regimen.

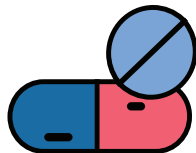
1 Build a routine

Take each medication at the same time every day. A routine can help you remember to take medications as prescribed.



2 Finish your medication

Take prescribed medications for the full course even if you feel better. Your condition may continue to exist and it could worsen if you stop taking the medication.



3 Keep containers and prescription info

Hold onto medication containers and printed information that comes from the pharmacy. The information could come in handy later.



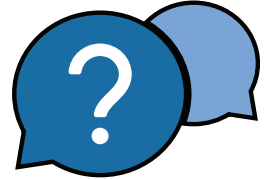
4 Make a list

Make a list of all your medicines. Include prescriptions, over-the-counter medicines (such as aspirin), herbs (such as echinacea) and supplements (such as calcium). Share the list with your physician, nurse or pharmacist.



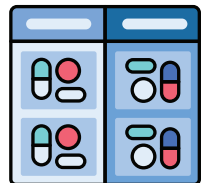
5 Ask questions

Ask your doctor or pharmacist about when to take your medications (eg with meals), foods or drink to avoid when taking this medication, possible side effects



6 Use a pill organizer or dispenser

A pill organizer with enough compartments for each dose can help keep you on track to take the right medication at the right time and in the right dosage.



Lifeline's MedReady Medication Dispenser could help those with multiple medications or complicated regimens.

7 Use technology

Using a medical alert service, like Lifeline, could provide a way to access help in case of adverse medication reactions.



Contact Lifeline today to learn more:

1-800-LIFELINE
1-800-543-3546
www.lifeline.ca

1. Cameron, K., "The Role of Medication Modification in Falls Prevention and Reduction", Lifeline white paper, 2008. 2. "The Importance of Taking Medications Correctly," www.aplaceformom.com, Apr. 2015.