

Checklist. Medication Safety

This checklist accompanies our article: Medication Safety, found on our website.

<https://youragingparents.ca/medication-safety>

Note that you (your parents) are an important part of the team and your actions could increase or reduce the safety of the medications that you take.

Source.

The Safe Living Guide - A Guide to Home Safety for Seniors - Keeping Track of your Medicine.

	Yes	No
Have you talked to your health care professional about alternatives to medication? (Medication may not always be the best solution.)		
Have you told all your doctors and your pharmacist about all of the medicine you're taking (prescription, over-the-counter or herbal) as well as your use of alcohol and/or tobacco?		
Do you read the instructions on each of your medication containers to check for side effects or possible ill effects of combining one medication with another?		
Do you take your medication exactly as prescribed or know of any alternative instructions should you forget to take it?		
Do you have a list of what medications you are currently taking, and is your family aware of it?		
If you have medication allergies, do you wear a bracelet or necklace to show this?		
Do you use only one pharmacy for all your prescription needs?		
Have you gone through your medicine cabinet and discarded any medicines that are past the "Best before" date?		
Whenever you get a new medicine, do you ask for and obtain all the information on its use and side effects?		

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Source: Maureen Osis, Judy Worrell, & Dianne McDermid. *Your Aging Parents: How to Prepare. How to Cope.* 2nd ed. 2010. ElderWise Publishing. <https://youragingparents.ca>

Questions? Contact us: info@youragingparents.ca