



# Ask DR. RUBIN

CMO, EVERCARE

*Older people tend to have more long-term, chronic illnesses such as high blood pressure, heart disease, asthma, COPD, arthritis. As such, they take many medications every day.*

*Often those medications are taken at different times, at varying doses, etc.; in other words, medications for seniors are complicated! Here are some tips on how best to handle your medications.*



## TAKING MEDICATIONS SAFELY

### UNDERSTAND YOUR MEDICATIONS

Don't be shy; ask questions of your doctor, nurse, and/or pharmacist so that you have a complete understanding of what you are taking.

***Some questions to consider asking include:***

- Should I take the medication(s) on a schedule and if so, when?
- Do I need to take my medication(s) with or without food?
- Do I need to drink extra water while taking the medication(s)?
- Can I take the medication(s) with other one(s) I take?
- What side effects might I expect and should I report them to my doctor?
- How and where should I store the medication(s)?
- How long will I have to take the medication(s)?

***Other steps you should take to ensure that you are taking your medication safely include:***

- CHECK the label on your medication to make sure it is for the correct person – YOU!
- CHECK to make sure you are not allergic to any of the ingredients.
- CHECK to make sure you can read the directions (if not, your pharmacist can use larger type).
- CHECK that you can open the container...if not, ask the pharmacist to put your medication(s) in bottles that are easier to open, or in blister packs.



# EVERCARE

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## OTHER QUESTIONS ANSWERED

**Q. How can I remember when to take all the different medications that my doctor has prescribed?**

A: Keep a list of all the prescription and over-the-counter medications you take. For each, mark the amount, the time of day you take it, and whether it should be taken with food. Store two copies of the list: one for your refrigerator door (or where your medications are stored) and one for your wallet or purse.

**Q: If I feel better; may I stop taking the medication(s) that my doctor has prescribed for me?**

A: No. Even if you feel better, don't stop taking the medication(s) unless your doctor says it's ok.

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**WE AT EVERCARE WANT YOU TO REMEMBER THAT YOUR DOCTORS, NURSES, AND PHARMACIST ARE THERE TO HELP YOU.**

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## TAKING MEDICATIONS SAFELY



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