Southcentral Foundation

Aging Well – Medication Management and Safety

Why is medication management and safety important?

Martha had three new medications prescribed during her last appointment. She noticed that she had several extra pills left over at the end of the month and realized that she does not know what all her medications are for. Martha called her provider about her concerns and was able to see her Integrated Pharmacist. The Integrated Pharmacist helped provide information on each of the new medications and helped organize them with a pill box. Martha understands her medications and does not have extra pills left over at the end of the month. Taking your medications correctly is important for your health and well-being.

What can you look for?

- Having too many medications
- Hard time understanding your medications
- Noticing you have too much or not enough medications monthly

Taking too many or too few medications can be harmful. It is important for your health to take your medications as they are prescribed.

Questions to ask yourself:

- Do you get confused about your medications?
- Do you feel like you have too many medications?
- Do you often forget to take your medications?
- Are you unsure about what your medications are for?

Southcentral Foundation

Aging Well – Medication Management and Safety

What can you do?

- Gather all medications in one place
- Keep an up-to-date medication list
- Ask pharmacy for a pill box
- Ask pharmacy to mail you your medications
- Get rid of any unused and unneeded medications at the pharmacy

Where can you find support?

- Integrated Pharmacist can go over your medications with you.
- Pharmacy can mail you your medications directly to your home.
- Your Primary Care Team can refer you for the ANMC Mediset program where they will fill your medication box for you.

For more information, visit https://www.southcentralfoundation.com/aging-well/

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- ☐ ANMC Mediset
- ☐ Primary Care
  - ☐ Integrated Pharmacist
- ☐ Pharmacy
- ☐ Refill Hot line

Community Resources

- ☐ CDC Medication Safety website https://www.cdc.gov/medicationsafety/