

# 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 provided 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 are some considerations for medication management and safety?

- 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?



For more information visit:

[www.southcentralfoundation.com/aging-well](http://www.southcentralfoundation.com/aging-well)

Or scan the QR Code



What can you do?

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

Where can you find support?

Contact your care team at McGrath Regional Health Center ..... (907) 524-3299

NB

✓ Your Primary Care Team 

Your primary care team can refer you for the ANMC Mediset program where they will fill your medication box for you.

✓ Integrated Pharmacists 

Integrated pharmacists can go over your medications with you.


✓ Pharmacy ..... (907) 729-4172


Pharmacy can mail you your medications directly to your home.


Key


NB Non-Beneficiary

✓ Support available to Non-Beneficiary

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit