

ANYONE CAN FALL

Prevent it from happening to you

Medication Safety

Medications tend to have a stronger effect on people as they age. For older adults, the more medication taken, the higher the risk of a fall. That's why all older adults should schedule yearly medication reviews. Medication reviews are especially important for older adults taking multiple medications, over-the-counter products, natural products, or vitamins.

What is a Medication Review?

A medication review is when a qualified health care professional reviews each prescription, medication, product or vitamin you're taking to ensure that each is being used appropriately, and that its benefits outweigh the harm. You can schedule a medication review with your pharmacist, physician or nurse practitioner. They will review your medications to make sure they are helping you live well.

FALLS ARE NOT A NORMAL PART OF AGING.
Talk to your health care provider if you have had a fall.

Finding Balance
NOVA SCOTIA
Trauma NB

To get the most out of your medication review:

- Put all the medications, vitamins, dietary supplements, ointments and creams you use in a bag. Give it to the person conducting the review.
- Tell them about any changes to your health and any medication side effects.
- To remember what is said, bring someone with you or take notes.
- Alcohol can affect how medications work. Ask how it might affect you.

Medication Tips

- Make sure you understand all medications before taking them. This includes knowing why you need the medication, the recommended dosage and schedule, and the possible side effects.
- If any of your medication makes you feel sleepy or dizzy, talk to your health care provider or pharmacist as soon as possible. They may need to adjust your dose, schedule, or make other changes to help you stay well.
- Use the same pharmacy every time you fill any prescription.
- Keep a list of your current medications in your wallet and at home.
- Do not share your medications with others. Do not take another person's medications.
- Store all medications safely. Follow the manufacturer's instructions.
- Check the expiry date before using any medication.
- Ask Your Pharmacist or Primary Care Provider if you are having trouble:
  - Swallowing your medication
  - Opening your medication
  - Handling your medication
  - Reading medication labels
  - Remembering to take your medication
  - Following the recommended dosage or schedule

SCAN for the website

For more fall prevention information and **resources for older adults and caregivers**, visit the Finding Balance NS website at ***www.FindingBalanceNS.ca***

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