



Medication guidelines for seniors



As people age, many develop **chronic conditions**
that require long-term medication.

However, **taking medication incorrectly can be dangerous.**



Statistics indicate that around 80 percent of seniors suffer from at least one chronic illness, while more than 50 percent have three chronic illnesses at the same time. As we grow older our memories decline, there is physical deterioration and the risks associated with taking medication are higher than for young people.



Seniors should closely follow the instructions on a prescription and take at designated times

Drugs should be taken at the times designated by the doctor. Do not stop taking the medication or change the dosage.

Medication should be checked regularly and follow-up appointments made with the doctor

Be sure to inform the doctor about the effects of taking drugs and your physical condition so the dosage can be adjusted if necessary.

Spend time with seniors and remind them about taking medication

Help to ensure medication is taken on time and in the correct dosage, to avoid seniors forgetting or getting confused.





Do not take too many types or over-use medication

Visiting multiple clinics and taking duplicate medications can lead to drug interactions and side effects.



Do not trust folk remedies or buy medicine from non-official channels

Online medication ads are not necessarily trustworthy. Folk remedies and uncertified medications can do more harm than good.



Take medication as prescribed

Stopping taking medication on your own because of concerns about possible side effects or not understanding its purpose can be dangerous.



Never take medication from unknown sources

If not officially authorized medication recommended by family, friends or sensational ads can pose a risk to health.



When looking after seniors it is important to pay close attention, remind them to take medication safely. Let's work together to protect their health and eliminate risk.

