

Senior Medication Safety Guide

Simple Steps to Stay Safe

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Why Medication Safety Matters

Taking medications correctly is very important. Mistakes such as missing doses, taking too much, or mixing medications improperly can lead to serious health problems.

Daily Medication Checklist

- * Took morning medications
- * Took afternoon medications
- * Took evening medications
- * Checked correct dosage
- * No missed doses

Weekly Medication Tracker

Day	Morning	Afternoon	Evening	Notes
Mon				
Tue				
Wed				
Thur				
Fri				
Sat				
Sun				

Additional Medication Safety Tips :

- *Keep a current medication list
- *Use a pill organizer
- *Do not mix medications with out checking with your healthcare provider or pharmacist
- *Use one pharmacy if possible

“ If you have any personal medical concerns , please check with your healthcare provider”