



Taking Care of Mom and Dad

takingcareofmomanddad.org

Medication Safety Checklist

Use this to keep your parent's medications safe and organized.

KNOW WHAT THEY ARE TAKING

- Make a master list of every medication — name, dose, and reason
Keep one copy at home and one in your wallet or phone.
- Include vitamins, supplements, and any over-the-counter drugs
These can interact with prescription medications.
- Know what each medication is for
If you are not sure, ask the pharmacist — not just the doctor.
- Know what side effects to watch for
- Know which medications should NOT be taken together

DAILY MANAGEMENT

- Use a weekly pill organizer to track doses
Makes it easy to see if a dose was missed.
- Set a daily alarm as a medication reminder
- Store all medications in one place, out of reach of children
- Check expiration dates every 3 months
- Never split or crush a pill without checking with the pharmacist first
Some medications must never be split.
- Use one pharmacy for all prescriptions
The pharmacist can catch dangerous drug combinations.

WATCH FOR THESE WARNING SIGNS

- Unusual drowsiness or confusion after starting a new medication
- Loss of appetite, nausea, or stomach pain
- New falls or unsteadiness
Many falls in older adults are caused by medication side effects.
- Mood changes — more anxious, sad, or confused than usual



Ask the doctor for a full medication review once a year

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