

How To Help People You Care About Manage Their Medications

Rx Snapshot is designed to provide individuals and groups with an easy plan of action to help family, close friends and neighbors manage their medications safely and effectively. By following a few simple steps, you can help them get the most out of conversations with their health care providers. Let's get started!

1. Choose three people you would like to assist:

(Of course, you can help as many as you like, but three is a great starting point.)

A. _____

B. _____

C. _____

2. Ask them if they have a consolidated list of all the medications they're taking (most people don't). Set up a time to share a copy of the Personal Medication Record with them. Offer to help them to fill out the Record.

3. Make copies — one for home and one to be kept in a wallet in case of emergencies. Encourage them to share a copy with other family members in case of emergencies.

4. Encourage your friend to review the Record with a pharmacist or physician. Offer to give them a ride or make them an appointment time with the pharmacist. Remind them that reviewing the Record should become a regular part of each doctor or pharmacy visit.

5. Leave a copy of the Rx Snapshot tip sheet "Easy Tips For Everyday Living" with ideas on how to manage medications. Encourage them to keep the Record and tip sheet together.

AARP Create The GoodSM encourages everyone to make a difference in the lives of others. Share your experiences with this activity and find other ways to help in your community at www.AARP.org/CreateTheGood.



My Personal Medication Record

My Personal Information

Name: _____

Date of Birth: _____

Phone Number: _____

Emergency Contact

Name: _____

Relationship
& Phone Number: _____

Primary Care Physician

Name: _____

Phone Number: _____

Other Physicians

Name: _____

Specialty: _____

Phone Number: _____

Name: _____

Specialty: _____

Phone Number: _____

Name: _____

Specialty: _____

Phone Number: _____

My Allergies

How to use this Record:

- Use this Record to keep track of your medications, including prescription drugs, over-the counter (OTC) drugs, herbal supplements and vitamins.
- Keep a copy of this Record with you and share the information with your doctors and pharmacists at every visit.
- Use a pencil so you can easily update and revise the information in your Record as needed.

You should review this Record when:

- Starting or stopping a new medicine.
- Changing a dose.
- Visiting your doctor or pharmacist.

Last updated: ____/____/____

My Medical Conditions

What I'm Taking	Reason for Use	Form <i>(pill, patch, liquid, injection, etc.)</i>	Dosage	How Much & When	Use <i>(regularly or occasionally)</i>	Start/Stop Dates <i>(1/5/05 – 3/5/05) (1/1/94 – ongoing)</i>	Notes or Special Directions
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Be sure to include ALL prescription drugs, over-the-counter drugs, vitamins and herbal supplements.

1							
2							
3							
4							
5							
6							
7							
8							
9							
10							



Easy Tips for Everyday Living

Use this checklist as a guide for managing your medications.

At the doctor

1. Bring your Personal Medication Record and any questions you have to your next doctor appointment. Make sure you talk about what's important to you.
2. Confirm the name of the drug and the dosage of any new prescription with your doctor. Be sure you understand how, when and for how long you should take it. Write the information down and read your notes back to the doctor.
3. Ask the doctor or nurse to explain what the drug will do. Ask about side effects. Ask if you need any lab tests to check if the drug is working.
4. Ask if a generic version of the drug exists. Generics can cost from 30 to 80% less.

At the pharmacy

1. Give the pharmacist your updated list of medications when you bring any new prescription to the pharmacy. If your pharmacy keeps a list of the medications you take, ask for a copy to make sure the information is current.
2. Confirm the directions with the pharmacist. Ask about dangerous drug interactions, food-drug interactions, alcohol-drug interactions and necessary monitoring tests.
3. Pause before signing for your prescription. Let the clerk or the pharmacist know if you have questions *before* signing for your medicine.
4. Check the drug's name and directions when you receive your medicine to be sure they are the same as what your doctor told you.

At home

1. Keep your Personal Medication Record updated. Keep a copy with you at all times in case of emergencies. Give a copy to loved ones and post a copy on your refrigerator.
2. Buy a pill organizer so you can easily see if you need to take a pill or if you already took it. Many brands include both an a.m. and p.m. section for each day.

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