



Medication Safety Checklist

Helping Your Loved One Take Medications
Safely and Confidently



Helping you find
answers, resources,
and *peace of mind*
for your aging parents.

♥

- CARE NAVIGATION
- COMMUNITY RESOURCES
- HEALTHCARE SUPPORT
- PEACE OF MIND

♥ You don't have to do it alone. We're here to help every step of the way. *Because they gave so much. You deserve support.* ♥

Michelle Berry, RN

Founder | Aging Parent Resource Hub

www.AgingParentResourceHub.net

Organizing Medications



👁️ Watch For

- Duplicate medications
- Expired medications
- Missed doses
- Confusing medication schedules

✅ What You Can Do

- ✓ Keep an updated medication list
- ✓ Use a weekly pill organizer
- ✓ Discard expired medications safely
- ✓ Store medications in one secure location

💡 RN Insight

Many medication mistakes happen because old prescriptions are mixed with new ones. Keeping one current medication list can help prevent confusion.

Taking Medications Correctly



Watch For

- Taking medications at the wrong time
- Skipping doses
- Incorrect dosages
- Difficulty swallowing pills

What You Can Do

- ✓ Follow the prescribed schedule
- ✓ Set phone or clock reminders
- ✓ Ask before crushing pills
- ✓ Use medication tracker

RN Insight

Never stop or change a medication without talking to the prescribing provider—even if your loved one is feeling better.

Watching for Side Effects



Watch For

- Dizziness or falls
- Excessive sleepiness
- Rash or allergic reactions
- New confusion or behavior changes

What You Can Do

- ✓ Read the medication information sheet
- ✓ Monitor for new symptoms
- ✓ Report concerns promptly
- ✓ Keep emergency contact numbers handy

RN Insight

A sudden change in thinking, balance, or alertness is often medication-related, especially after a new prescription is started.

Preventing Medication Errors



Watch For

- Running out of medications
- Taking someone else's medications
- Duplicate prescriptions from different providers
- Mixing medications with alcohol or supplements

What You Can Do

- ✓ Refill prescriptions before they run out
- ✓ Bring the medication list to every appointment
- ✓ Use one pharmacy when possible
- ✓ Ask about medication interactions

RN Insight

Using one pharmacy allows the pharmacist to check for medication interactions and duplicate therapies that might otherwise be missed.

Communicating About Medications



Watch For

- Multiple healthcare providers prescribing medications
- Changes after a hospital or emergency room visit
- Different pharmacies filling prescriptions
- Missed or outdated medication lists

What You Can Do

- ✓ Carry an updated medication list to every appointment
- ✓ Make all providers aware of prescriptions, vitamins & supplements
- ✓ Use one pharmacy whenever possible
- ✓ Ask questions if a medication changes or looks different

RN Insight

One of the easiest ways to prevent medication errors is to keep everyone on the same page. An updated medication list helps your doctors, nurses, and pharmacist work together to provide the safest care possible.



Need Help Managing Medications?

Medication management can feel overwhelming, especially after a hospitalization or when caring for someone with multiple health conditions.

At Aging Parent Resource Hub, I help families:

- Understand medication changes
- Prepare for medical appointments
- Navigate Medicare and insurance
- Connect with home health and community resources

I'm here to help.

Michelle Berry, RN

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Helping families:

- Navigate the healthcare system
- Understand medical recommendations
- Find community resources
- Create a plan of care with confidence

Schedule your FREE 15-minute consultation

 AgingParentResourceHub.net



Meet Your Patient Advocate

Michelle Berry, RN

With more than 14 years of nursing experience, I've helped patients and families navigate the often-overwhelming healthcare system. I created Aging Parent Resource Hub because I believe caregivers deserve trusted guidance, practical resources, and peace of mind while caring for an aging loved one.

I can help you with:

- Understanding medical recommendations
- Finding community resources
- Coordinating care
- Preparing for difficult healthcare decisions
- Creating a personalized action plan
- Understanding Medicare and insurance options

You don't have to navigate this journey alone. I'm here to help.

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