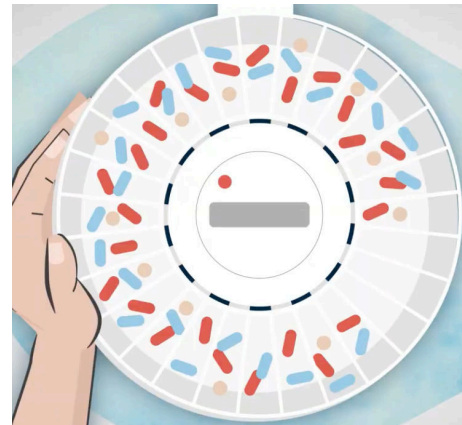


Medication Administration

Assisting loved ones with medication can be tricky, yet nearly half of caregivers handle this responsibility daily.



Medication Education

Learn about your loved one's medications, including their **purpose**, **dosage**, and **side effects**. Start a **medication log** to ensure medications are taken correctly, and track side effects.

Create a Schedule

Missing a dose of medication or taking too much can **lead to a trip to the ER**. To avoid errors, establish a **medication schedule** of when and how each medication should be taken. Use **pill organizers**, **alarms**, or **apps** to keep track.

Side Effects and Interactions

When starting a new medication or changing dose, **monitor your loved one closely** for any health or behavior changes, and immediately report them to their doctor. Be aware of **dangerous drug interactions** - for instance, certain common pain relievers shouldn't be combined with blood thinners.

Medication Emergencies

In a medication emergency, **stay calm** and immediately **call 911** or the **Poison Control Center at 1-800-222-1222**. Follow any instructions provided, have the medication details on hand, and inform healthcare providers about the situation as soon as possible.

Medication Management Technology

Technology can make **medication administration** easier:

- **Medication management apps** provide reminders, track dosages, and alert caregivers for the next dose, documenting side effects for healthcare providers.
- **Smart pill dispensers** dispense the correct medication at the right time.
- **Telehealth appointments and messaging** quickly connect you to healthcare providers for questions about medication administration, side effects, or adjustments.