

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Alzheimer's Medication Management: Tips for Keeping Your Loved One Safe

Based on the recommendations of the **Alzheimer's Association** and other authorities, the following tips can help to assure that medications for your loved one with dementia are managed safely:

- **Coordinate with all care providers** – A person with Alzheimer's may be under the care of more than one doctor. Make sure all health care team members know about any prescription and over-the-counter medications, including herbal or vitamin supplements. Each time you go to an appointment, take a list of current medications and dosages.
- **Ask your doctor or pharmacist to check for possible drug interactions** – When a new medication is prescribed, ask whether it is okay to take it with other current medications. Also, remind the healthcare team of any allergies to medications or side effects that have occurred in the past.
- **Create a comprehensive list** – Maintain a detailed list of all of your loved one's medications and the schedule for when they should be taken.
- **Follow all directions to the letter** – Always be sure the person in your care takes the medication exactly as prescribed.
- **Maintain a list of all medications and keep a log of medications given** – People with chronic health problems often take many medications at various times of the day. Make a list of all of them and have a system for keeping track of when they are given to reduce the increased risk for confusion. Using a pill box or keeping a daily calendar can help ensure medication is taken as prescribed.
- **Never make changes to medications without consulting the doctor or pharmacist** – Do not take it upon yourself to vary the dosage or timing of their medications based on what you think may be best. If you have concerns about a medication's effectiveness, speak directly to the physician who prescribed it. They may want to try adjusting the dosage or timing of drugs, within certain limits, to improve the results.
- **Swallowing Issues** – If the person in your care has trouble swallowing their medication, do not try to crush it for them without talking to the doctor or pharmacist first.
- **Storage Safety** – Do not store medicines that will be taken internally (swallowed) in the same cabinet with medicine that will be used externally such as lotions and creams. Also, store medications in a cool, dry place, e.g. not the bathroom. You can remove the cotton from each bottle so that moisture is not drawn in.
- **Easy-to Open Containers** – If childproof containers are too hard for you to open, ask the pharmacist for containers that are not childproof. However, be sure they are not accessible to your loved one with memory loss or children that may be in the house.
- **Have emergency numbers easily accessible** – Keep the number of your local poison control center or emergency room handy. If you suspect a medication overdose, call poison control or 911 before taking any action.

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By being aware of the risks to your loved one's safety and health and following these expert tips, you can reduce the chance of errors and make your own life easier as well.

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Loved ones with Alzheimer's disease or other memory impairments require specialized care and support. They also deserve a lifestyle rich in dignity and fulfillment. Impressions Memory Care at Bryn Mawr provides residents with *Engaging Days* and *Meaningful Moments* that emphasize individual abilities, encourage [socialization](#) and promote the highest level of independence possible. We offer a complete continuum of leading-edge [programs, services and amenities](#) that address the total physical, emotional and social needs of residents in a caring setting that offers [individual suites](#) with large private baths and the comforts of home. Our community touches hearts and changes lives.

If and when the time comes to seek additional help, place your trust in Impressions Memory Care at Bryn Mawr. We lift the stresses and worries of being a caregiver from your shoulders, enabling you and your family to enjoy time with your loved one again.

For more information, please call Sharon at (484) 380-5404 or [contact us](#) online.

Disclaimer: The articles and tip sheets on this website are offered by Impressions Memory Care at Bryn Mawr and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.