

Impressions

MEMORY CARE

at BRYN MAWR 

Engaging Days. Meaningful Moments.

Medication Safety Tips for Your Loved One with Alzheimer's

One of the best ways you as a caregiver can reduce the risk of harm to your loved one with Alzheimer's disease is to take an active role in managing the medications they are taking. **The Mayo Clinic** offer helpful recommendations on how to make sure your loved one receives their medications as safely as possible. Listed below are key tips to remember.

- **Make a list** – Keep an up-to-date list of all your medications, including non-prescription and herbal products.
- **Use a pillbox to organize their medications** – A pillbox and/or a daily medication administration schedule can help ensure medication is taken as prescribed.
- **Store medications in their original labeled containers** – Save the information sheets that come with them.
- **Develop a regular schedule for giving the medication** – Ask the pharmacist if medications should be taken at a certain time of day or with or without food the plan accordingly. For example, create a plan to administer your loved one's medications with breakfast or right before bed.
- **Use simple words and give clear instructions** – For example, "Here is your pill for high blood pressure. Put it in your mouth and drink the water."
- **Keep the medications safe and out of your loved one's reach** – Place all medications in a locked place to avoid accidental overdose, and throw out medications that are no longer being used or have expired.
- **If your loved one has difficulty swallowing, find out if the medication is available in another form** – Talk to the doctor who prescribed the medication or your pharmacist to find out if another form, e.g. a liquid version, is available.
- **Have emergency numbers easily accessible** – In case of a medication emergency, keep the number of your local Poison Control Center or emergency room on hand. If you suspect a medication overdose, call poison control or 911 before taking any action.
- **If the person refuses to take the medication** – Stop and try again later, but do not skip their medication. Talk to your doctor if this is a significant problem.

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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. Our brand-new **Impressions Memory Care at Bryn Mawr** community provides residents with

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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.