



Recommended Resources for the Video: Medication Management

Overview

As a Caregiver, it is vitally important to be knowledgeable about the medications your family member needs for their conditions and to note any changes in dosage or type of medication when ordered by the doctor. Begin with a Medication Log and store a copy in your notebook and one on the refrigerator or other obvious place for an emergency.

Resources:

<http://healthtools.aarp.org/pill-identifier>

<http://nihseniorhealth.gov/takingmedicines/managingyourmedicines/01.html>

<http://doh.dc.gov/page/free-medication-management-app-android-and-iphone>

<http://www.healthline.com/health/administration-of-medication#Overview1>

<https://www.caregiver.org/caregivers-guide-medications-and-aging>

<https://www.agingcare.com/medication-management-elderly>

<http://blog.aginglifecare.org/blog/top-tips-for-medication-management-for-seniors/>

Videos:

<https://www.youtube.com/watch?v=5f33AQS83GQ>

<https://www.youtube.com/watch?v=KpTmz9wRb1o>

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