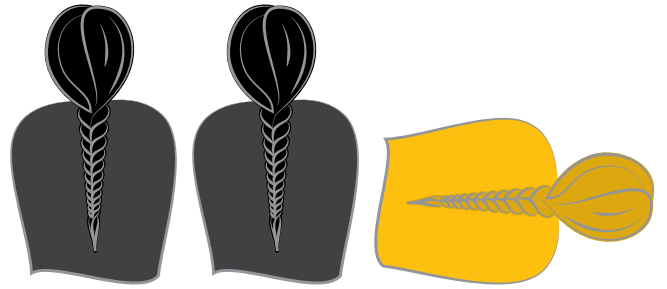


REVIEW YOUR MEDICATIONS

Every year, **20-30%** of Elders will fall...

The good news is that there are actions you can take to prevent falls.

As you age your health needs may change. You may take more than one medication, vitamin, or supplement to stay healthy.



Some medications may increase your risk of falling. Take action to improve your medication habits and reduce your risk of a fall.



Ask your pharmacist about pill packs.

Always follow the instructions and doses when taking medications.

Use only one pharmacy to fill your prescriptions.

Keep a current medication list in your wallet and at home.



KEEP YOUR MOCCASINS MOVING!

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TAKE ACTION TO IMPROVE YOUR MEDICATION HABITS

Review all your medications with your doctor or pharmacist.

- What is the medication used for?
- Will it cause dizziness or drowsiness as a side effect?
- Will it cause blurred or double vision?
- What should I do if I have side effects?
- What should I do if I miss a dose?
- Should I avoid alcohol or other foods and beverages?

Please note: Do not share prescription medications and return expired medication to your pharmacist.

Talk to your doctor or pharmacist about all of your medications to lower your risk of a fall.



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