

Generation Rx: Getting the Best Results from Your Medications

This toolkit is designed to provide materials and resources for educating older adults and caregivers on getting the best results from their medications and how to avoid medication-related problems or “adverse drug events.”

We have organized the educational material in this toolkit into seven sections:

1. Getting Started
2. Educational Presentation Resources
3. Interactive Activities
4. Educational Websites
5. Medication Adherence Resources
6. Medication Record and Monitoring Resources
7. Caregiver Resources

Getting Started

This document provides directions for the use of toolkit materials and how to go about planning an educational event.

Educational Presentation Resources

Generation Rx: Getting the Best Results from Your Medications – A PowerPoint slide presentation (with talking points) discussing how to get the best results from medications and avoid medication-related problems or “adverse drug events.”

www.Mustforseniors.org – *Medication Use Safety Training for Seniors* – is a website by the National Council on Patient Information and Education which provides various resources to help educate the public on safe medication use in older adults.

Interactive Activities

Interactive Activities Overview

Rx Roulette game – Similar to “Wheel of Fortune” to be used as an educational tool for discussing the important components of a complete medication record.

Bingo game – Bingo-style game called “DRUGS” focusing discussion on the important information on a non-prescription medication label.

New Prescription Role Play Activities – Two role play activities are provided:

1. Depicting an interaction between a physician and older adult being given a new prescription. Use to demonstrate what questions to ask and information to request from your doctor about a medication.
2. Another role play demonstrating an interaction between a patient and the pharmacist to get important information about a new prescription.

Educational Websites

www.nihseniorhealth.gov – a website from the National Institute of Aging and the National Library of Medicine providing health information for older adults. Allows for increased font size or audio content.

www.fda.gov/ForConsumers/ConsumerUpdates/ucm261175.htm

– resources from the FDA on safe use of medications from its Safe Drug Use Initiative. Contains information for the general public, as well as specific information for older adults.

www.nccam.nih.gov/health/ - provides the general public with access to information about complementary and alternative medicines.

www.nccam.nih.gov/health/providers/ - provides health care professionals with access to information about complementary and alternative medicines including evidence-based medicine and practice guidelines.

www.nlm.nih.gov/medlineplus/druginformation.html – a website from the National Library of Medicine and National Institute of Health providing easy-to-understand information about prescription medications, non-prescription medications, dietary or herbal supplements (complementary or alternative medicines).

www.medsandaging.org – provides practical information about medications and resources to find a Senior Care Pharmacist in various areas of the country by using a city or zip code search.

Medication Adherence Resources

Medication adherence aids can also be purchased from any local pharmacy. If the pharmacy does not have exactly what you may be looking for, be sure to ask if they could order it for you.

www.adultmedication.com – website provided by the American Society on Aging and American Society of Consultant Pharmacists Foundation that focuses on improving medication adherence in older adults. Has a consumer information section that allows for increased font size, as well as a presentation for use in educational programming.

www.ScriptYourFuture.com – a website created by the National Consumers League to help consumers adhere to their medication regimens. Contains a printable wallet-sized medication list, blood pressure log and blood sugar log. Also provides a service for individuals to sign-up for a phone call reminder to take their medications.

Website resources for medication adherence aids – the following links provide sites to purchase pillboxes, electronic medication reminders and other medication adherence aids:

www.epill.com

www.forgettingthepill.com

Medication Record and Monitoring Resources

Blank Medication List – provides an electronic copy of a medication list with plenty of space to record your medications. It is very important to carry a current list of your medications with you at all times.

www.mypillbox.org – website to create an electronic medication record.

www.pillboxapp.com – iPhone or iPod application to keep an electronic copy of medication records. The application includes access via the device to a database of information on various medications.

Blood Sugar Log – use this simple log to record your blood sugar readings which you can then take to your health care appointments.

BGLuMon – this is an iPhone and iPad app for recording and charting your blood sugar readings. This app can be downloaded to your device through iTunes for a small fee.

Blood Pressure Log – use this simple log to record your blood pressure readings, which you can then take to your health care appointments.

BPMon – this is an iPhone and iPad app for recording and charting your blood pressure readings. This app can be downloaded to your device through iTunes for a small fee.

Caregivers Resources

www.agingcare.com - this site was developed to help people caring for elderly patients find support, resources and information, as well as a place to connect with other caregivers.

www.agingpro.com – this site is divided into sections for health care professionals, caregivers, or planning for your own aging needs.

www.mustforseniors.org/materials.jsp - provides an article entitled, "Helping Your Independent Older Parents Use Medicines Safely."