



Managing Your Medications

Many people need help in managing their medicines. One of our goals in home care is to help you understand the purpose of your medicines and how to take them correctly. In order to help you maximize your independence in managing your medicines, please tell your nurse, therapist, and/or doctor if you:

- Have new medicines.
- Have changed medicines.
- Are taking over-the-counter medications (examples: vitamins, Tylenol).
- Take eight (8) or more medications in one day.
- Don't understand the instructions related to your medications.
- Are not sure how your medicines help your condition.
- Don't think that your medicines help you.
- Are concerned about side effects.
- Don't always remember to take your medicines at the right time.
- Have trouble reading or seeing small print instructions on medicine bottles.
- Have trouble holding the small pills, or opening the packaging or medicine bottles.
- Have difficulty swallowing your pills.
- Have trouble paying for your medicines.
- Have old or expired prescriptions in your home.
- Use more than one pharmacy to have your prescriptions filled.

The VNA offers a **Medication Management Service**, if you wish to have a nurse make periodic visits to organize and fill medication containers and double check that medications are being taken at the correct dose/time. Please call 908-766-0180 for more information.