Geriatric Resource Centre

Senior Medication Management Checklist

Daily Medication Routine

- Use a labeled pill organizer (daily/weekly/monthly)
- Set medication reminders (phone alarms, app, or smart device)
- Take medications at the same time every day
- Drink a full glass of water with pills (unless otherwise advised)
- Note any side effects or missed doses

Medication List Maintenance

- Keep an up-to-date list of all prescriptions, OTC meds, and supplements
- Include dosage, timing, and purpose for each item
- Share the list with all doctors and caregivers
- Keep a printed copy in your wallet or purse
- Update list after every new prescription or change

Doctor and Pharmacy Support

- Schedule a yearly medication review with your doctor or pharmacist
- Ask about drug interactions or duplicate medications
- Clarify what to do if you miss a dose
- Dispose of unused or expired medications safely
- Use the same pharmacy to reduce interaction risks

Helpful Tools and Tips

- Use a medication tracking app (ex: Medisafe, MyTherapy)
- Color-code or label bottles for clarity
- Store meds in a cool, dry place away from kids and pets
- Ask for easy-open caps if needed

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- Arrange for medication delivery if transportation is a concern

Caregiver Reminders

- Check in regularly on medication routines
- Watch for changes in health or side effects
- Help with organizing and refilling medications
- Accompany seniors to appointments when possible
- Encourage independence while offering support

Tip: Print this checklist and place it near your medication station. Review it weekly!

Need help managing medications or care at home?

Call us for a free consultation: (617) 332-7610