



Caring for Others: Tips for Medicines and Devices

You want to help your loved ones stay as healthy as they can be. But it can be hard if they need help with their medicines and devices. Many women and other family caregivers, like you, worry about making a medical mistake. You may also want to know how to get more information about your loved one's treatments.

Whether you are checking in from afar or helping your loved one 24/7, you can use these four (4) tips to help you both use medicines and devices wisely.

1. Get the Facts
2. Follow Directions
3. Stay Organized
4. Be Prepared

Tips for Medicines and Devices

GET THE FACTS

You need to know what each medicine is for and how they should take it. You also need to know how each device works. **When you go to the doctor, you or your loved one should ask:**

- What is the name of the medicine?
- How much medicine do they take and when should they take it?
- What are the side effects or special warnings?
- What can we do if they have problems taking or tolerating their medicine?
- How do we safely get rid of old or unused medicine and devices?

FOLLOW DIRECTIONS

Taking too much or too little medicine can make your loved one very sick. Use the medicines and devices as directed. **Before you start:**



Ask for help.



Use the right tool. Give the right amount.



Read the labeling and other information.



Read the directions on how to clean your device. You should not use household cleaners on some devices.

STAY ORGANIZED

Simple steps can help keep your loved one safe and on track with their treatments. They can also help make your work easier.



Keep a list.



Set reminders.



Lock medicines up and away.

Keep track of any changes in your loved one's health. Report problems to their healthcare provider. Then tell FDA at: www.fda.gov/MedWatch/Report

BE PREPARED

Don't be caught off guard. Make a plan for emergencies.

- You may not be able to get to the drug store. Pack a kit with medical supplies and batteries.
- Add a copy of your loved one's medicine list and other medical information.
- Ask how to handle medicines or devices affected by flood water or heat.
- Tell the electric company and fire department if there is a medical device that needs power in their home.