

## Senior Health and Medications

If you take multiple medications prescribed by your senior health care physician or senior health care consultant, the best way to keep track of them is to buy the plastic medication cassettes, the kind with snap lids for each day of the week. If you take morning and night pills, buy a white case for morning and a blue case for night. Fill them with all medications you take daily at the beginning of the week. Keep these cases visible to you as a reminder to take medications, in addition keep a calendar nearby so you can track your days correctly. When traveling, be sure to take enough medications for your whole trip, and include a few extra days in case of delays, and remember to pack them in a carry-on tote. If you are unable to fill your pill boxes for any reason, call Custom Home Care and ask about our **medication management program**.