



MEDICATION MANAGEMENT



Are your medications putting you at risk?
Avoid problems with a HomeMeds™ screening.

As you get older, the way medications work in your body can change. And while medications are very important in helping to control many illnesses, they can also have serious side effects. Each year, nearly 100,000 older adults are admitted to the ER because of medication-related issues including falls, dizziness, heart issues, or confusion.

What is HomeMeds?

HomeMeds is a *free* review of all your medications by a pharmacist. If you answer YES to some or all of these questions, you may benefit from a review:

- You see multiple doctors
- You fill prescriptions at multiple pharmacies
- You have recently experienced a fall, dizziness, or unusual confusion
- You have recently been to the ER or hospital
- You take blood thinners or diabetes medications
- You take over-the-counter drugs or supplements
- You take medications to help you sleep

A staff member calls or visits you at home to prepare a list of all your medications, including any over-the-counter drugs or supplements. This is reviewed by a specially trained pharmacist. If any problems are found, the pharmacist will work with you and your doctors to make sure that you are only taking the medications that are right for you.

Your doctor will thank you!

Your doctors often have too little time with you to be able to ask important questions about how your medications are making you feel. They may not ask you about your over-the-counter medications, or any supplements you might be taking. That is why doctors are very happy when their patients bring them a complete list of all their medications, and when pharmacists call them to let them know of possible problems.



What HomeMeds clients say

"I was having a lot of dizziness, until the pharmacist explained that I should not be taking my thyroid medication at the same time as all my other medications. Now I take it with a glass of water 30 mins before my other meds and rise slowly from sitting or lying down. The dizziness has gone!"

A doctor's view

"Medication review is a major opportunity for improving patient safety and outcomes, something we don't always have enough time to do during an office visit. The ideal solution is to have trusted eyes at the patient's home to perform a thorough assessment. HomeMeds helps me get a true evaluation that I can rely on." *Dr. Manoj Matthew*



A pharmacist's view

"As pharmacists, we need to make sure that the right medication is given to the right patient at the right time. When multiple doctors prescribe medications for the same patient, it can result in severe side effects. HomeMeds lets us identify these patients and intervene. At the end of the review, patients receive a complete medication list that they can take to their doctors to prevent future duplicate therapies. It's a win-win for everyone." *Yaneya Hall, Pharmacist*



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Free program – 1 session over the phone (about 1 to 2 hours)

Call Partners' Community Wellness Department: 818-403-5452

Or email us at ebprograms@picf.org