

## CJE LifeNOTES

Tips on healthy, empowered and enriched living from CJE SeniorLife

***I take a lot of medications.  
I can't even remember what  
some of them are for!***



**Over 50% of adults age 65 and older take more than 4 prescription medications per day.**

Understanding your medications and using them safely is important for maintaining good health and enjoying longevity.



# Prescription Medications

Taking medicine prescribed by your doctor is generally safe and effective. But, as we age, our bodies change. Our bodies metabolize medicine differently than when we were younger. So, it's important to be careful with medicine.

Start by making a list of all your medications, the conditions they treat and the prescribing doctor. Next, add any supplements you take to the list. Be sure to share your complete medication list with all your healthcare providers and pharmacist, and take it with you wherever you go. This way, in the event of a medical emergency, medical technicians and other helpers will have important information to address your special needs.

**On your next doctor visit, review all the medications and supplements. Here are some questions to ask:**

- Why am I taking this medication?
- Is this the correct dose for me?
- How do I know if it is working?
- What happens if I miss a dose?





### **Keeping track of all the prescriptions**

Some medications come with detailed instructions such as what time of day to take it, whether to take it before or after eating, or whether you must swallow it whole. Be sure to take medications exactly as they are prescribed. You can request your daily medication to be sent to your home in individual dose packs labeled with the date and time to take them. Or, you can use a simple pill organizer. You can buy a pill organizer for the week or for the month. Schedule an annual appointment for the purpose of reviewing your medications in this way.

### **Expensive Prescriptions**

If you are prescribed a medication and can't afford it, talk to your healthcare provider or pharmacist about whether there is a less expensive alternative. There often is! Skipping the medication or taking less than the prescribed amount can cause major health problems. Taking your prescriptions correctly can lead to a longer, healthier life. If you have questions, don't be afraid to ask them.

**Get your printable list of questions and medication list template at:  
[www.cje.net/empower](http://www.cje.net/empower)**

## How can CJE SeniorLife help?

We can refer you to the following CJE Senior Life supportive resources:

**Consumer Assistance**—We are resource specialists available to help you identify and apply for the broadest possible range of benefits and support services available. We can help you find the best Medicare prescription drug coverage plan for you.

**CJE Care Management**—We make assessments, develop Care Plans and refer clients to free and low-cost services. Must meet financial eligibility.

**Your Eldercare Consultants**—We work collaboratively with physicians, develop Care Plans, coordinate home care, guide families and find practical resources that support independence. Ongoing services are fee-based.

**Counseling Services**—Our highly-skilled Licensed Clinical Social Workers are specialists in the field of mental health services for seniors. We offer individual, family and group psychotherapy, as well as support groups.

**Community Engagement**—We provide education—geared toward your unique group—on well-being, emergency planning, physical, mental and financial health and many other subject areas.

**JCFS Chicago's Addiction Services** supports individuals and families struggling in or with recovery and work with the Jewish community to create compassionate responses to the challenges posed by substance misuse. [www.jcfs.org](http://www.jcfs.org)

**To find out more about our many services and programs, Call CJE SeniorLife at 773.508.1000.**

THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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