

Navigating Medication Challenges in Aging Parents



Establish Open Communication

- Encourage open dialogue with healthcare providers
- Emphasize the importance of sharing concerns



Identify Specific Concerns

- Pinpoint observable issues or changes in your aging parent since starting the medication
- Note any unusual symptoms or reactions



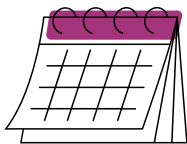
Research The Medication

- Research the medication's purpose, side effects, and interactions
- Utilize reputable sources for information



Keep A Medication Journal

- Maintain a detailed journal documenting medication times, effects, and side effects
- Include any lifestyle changes or impact on daily activities



Schedule A Consultation

- Assist in setting up a consultation with the healthcare provider
- Provide tips on ensuring the discussion is comprehensive

Notes:



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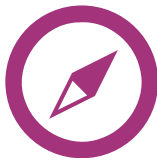
Prepare Questions

- Create a list of questions for the healthcare provider regarding the medication
- Include queries about potential alternatives



Understand Aging Parent's Perspective

- Consider how the medication impacts your aging parent's daily life and overall well-being
- Acknowledge the emotional aspects



Explore Alternatives

- Discuss potential alternatives with the healthcare provider
- Research and present options that align with your parent's needs



Advocate For The Aging Parent

- Actively participate in decision-making during healthcare discussions
- Clearly communicate your parent's preferences and concerns



Follow Up

- After the consultation, follow up to monitor your parent's response to any changes
- Continue to document any developments in the medication's impact

Notes:

