



You can prevent a fall



# Staying Independent

## Managing Your Medications Can Help Prevent a Fall



### Follow these tips:

- Return medication that you are not using to your drug store
- Review your medication with your doctor every 12 months
- Ask your doctor or pharmacist about the side effects of the medication you take
- Tell your doctor if your medication makes you dizzy or light-headed
- Never take someone else's medication
- Instead of taking medication to help you sleep, try listening to soft music, reading or daily exercise
- Talk to your doctor if insomnia persists
- Consider using a dosette to organize your medication
- Keep a list of all medication that you take in a medication passport