

# Medication use in older adults

## What older adults, their families, and friends need to know



### What should I ask my doctor before taking medications?



#### Will this medication interact with any others that I'm taking?

Medication interactions (between two or more medication) can alter the effects of one or more of your medications.



#### What are the possible side effects of this medication?

Constipation, dry mouth, itchiness, unsteadiness, and confusion are some of the possible side effects of medications taken by older adults.



#### What are the signs of a medication problem?

- slurred speech
- increased confusion
- lack of energy or sleepiness
- changes in mood
- stumbling/falls
- neglect of personal care
- new medical symptoms
- not participating in activities you used to enjoy.



Most medications should not be mixed with alcohol, even in small amounts. Drinking alcohol when taking medication can cause harmful interactions that can be dangerous.

Check with your doctor before mixing your medication with:



Cannabis



Cigarettes



Coffee



Herbal Remedies

#### Taking Medications Safely



Receive medications from only one doctor and pharmacist.

Organize your medications into containers. Do not share them with anyone else.

#### Need more information?

- Talk to your doctor or pharmacist.
- Visit [HealthyOntario.com](https://www.healthyontario.com) for medication information.
- Call TeleHealth Ontario (services are available in over 300 languages): 1-866-797-0000

Based on the article, "[Medication Use in Older Adults](#)" by the Centre for Addiction and Mental Health (CAMH).

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