

Safety Fact Sheet



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

POISONING PREVENTION WHEN CARING FOR OLDER ADULTS

- Keep a list of all medicines in the house including herbals, vitamins, supplements, over-the-counter and prescription medications.
- Communicate and stay informed: Ask your pharmacist or doctor to explain each medicine, possible side effects, and interactions with other medicines and foods.
- Use one pharmacy: Older adults often have multiple medications. Obtaining medicines at one pharmacy increases the likelihood of detecting a possible drug interaction.
- If you use a pill minder make note of what medications are in the pill minder and how many. If possible choose a pill minder that has an adult-lock.



Encourage all adults to follow these rules each time they take medication:

1. Turn on the lights
2. Get your glasses
3. Read the label