



## **GHSC Caregivers provide safe medication monitoring**

According to studies published in the New England Journal of Medicine, approximately one-half of senior adults who take at least one medication per day find keeping to the regimen difficult to maintain. Elderly patients can often become confused about dosage and scheduling and sometimes do not even understand the purpose for each prescription.



Because medication is metabolized differently as people age, it must be taken as prescribed for the full benefit to be achieved.

Unfortunately, many seniors may be taking prescriptions at the wrong time or missing doses entirely. Medications can also get mixed up when there is more than one elderly resident in the home, creating an additional danger to the individuals.

Becky Kearney is the Senior Director of Operations for Golden Heart Senior Care in Centerville, Ohio. "Our caregivers frequently deal with the effects of over or under medicating," she says. "Improper medication administration can create havoc for both the individual and his or her family members.

A home care provider from Golden Heart Senior Care can ensure that the proper medication is given in the correct dosage and method (oral, topical, etc.) and at the right time.

"Mishandling of prescriptions can cause long term, if not permanent damage to the physical and mental health of the individual. All of which could be prevented with medication monitoring by a caregiver," adds Kearney.

## ***Just the Facts...***

The U.S. Centers for Disease Control and Prevention estimates that between 50 and 60 percent of flu-related hospitalizations are adults



over 65. The U.S. Department of Health and Human Services recommends prevention as the best medicine, particularly for seniors. **Golden Heart Senior Care** offers these tips:

- Get a flu shot each year.
- Wash your hands often.
- Drink plenty of fluids.
- Eat healthy foods.
- Take all medications as prescribed.

These simple preventative measures will help bolster the immune system and prevent contraction of the flu, as well as other communicable illness.

## **Another Happy Family**

*I can no longer drive because of vision problems and we just hated calling on the kids to help us out all the time. Thanks to Golden Heart Senior Care, my wife is now able to enjoy her weekly errands and we both have peace of mind.*

**- John, Dayton, OH**



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