

Keep Wellness Simple(TM)

Simplifying Medications - Promoting Wellness - Empowering Families

*Small Steps.
Big Impact.*

Senior & Caregiver Medication Safety + Wellness Checklist

Take 2 minutes for a safer, healthier tomorrow.



Use this quick checklist to spot medication and wellness concerns that may deserve a closer look or a conversation with your pharmacist or healthcare provider.

1 MEDICATION CHECK

- ☐ Do you have an updated list of all prescription medications, over-the-counter medicines, vitamins and supplements?
- ☐ Do you know what each medication is for?
- ☐ Have any medications recently been started, stopped or changed?
- ☐ Are you taking 5 or more medications?
- ☐ Have you had difficulty remembering, organizing or managing your medications?

2 CHANGES TO PAY ATTENTION TO

- ☐ New dizziness or balance problems
- ☐ A fall or near-fall
- ☐ Increased sleepiness or fatigue
- ☐ New or worsening confusion or memory changes
- ☐ Changes in appetite or unexpected weight
- ☐ New concerns after a medication was started or changed

3 WELLNESS QUICK CHECK

- ☐ Are you eating and drinking adequately?
- ☐ Are you getting regular movement appropriate for your abilities?
- ☐ Are changes in sleep affecting your day?
- ☐ Do you or your caregiver have medication or wellness questions that have not been discussed with your healthcare team?

Did this checklist raise questions?
A quick check is only the beginning.

COMING SOON
Keep Wellness Simple(TM)
Medication Safety & Wellness Guide

Need individualized help?
Medication Clarity Assessment
KeepWellnessSimple.com

Dr. Sabrina N. Russ, PharmD, BCGP, NBCHWC
Geriatric Pharmacist | Wellness Educator | Speaker | Consultant

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For educational purposes only. This checklist does not replace individualized medical advice. For urgent or emergency concerns, seek appropriate medical care.