

Question	Response		
1. How many medications are you on?	< 6	6-10	> 10 or unsure
2. Do you know what your medications are for?	All of them	Some of them	None or very few
3. Can you say the names of your medications?	All of them	Some of them	None or very few
4. Do you know what your medications look like?	All of them	Some of them	None or very few
5. Do you know why you are taking each medication?	All of them	Some of them	None or very few
6. Do you understand how to take your medications (morning or night, with or without food, how long to wait before lying down, etc.)?	All of them	Some of them	None or very few
7. How often do you miss taking a medication?	< 2 times per week	2-4 times per week	> 4 times per week
8. Do you have a list of your medications?	I have a list and it is updates	I have a list but it is not updated	I do not have a list
9. Do you use any tools to help you remember to take your medications (pill box, medication calendar, reminders/alarms)?	I have and use a tool OR I am able to remember without the use of a tool	I have a tool but I don't use it	I don't have any tools
10. How often do you sit down with your doctor or pharmacist to go over your medications?	At least every 6 months	Less frequently than every 6 months	I have never done this OR I can't remember the last time I did this
11. Are you aware of some things you can do to manage your health conditions outside of taking my medications (exercises, foods to eat or avoid, avoiding smoking or alcohol, etc.)	I am aware of several	I am aware of 1 or 2	I am not aware of any
12. How often do you feel healthy?	Most days	Some days	Rarely

Instructions: Give yourself 2 points for each “Green” answer, 1 point for each “Yellow” answer, and 0 points for each “Red” answer.

20 points or more

Excellent! Keep up the good work. Continue to work with your doctors and pharmacist to stay on top of your medications and maintain a healthy lifestyle.

10-19 points

Congratulations on knowing so much about your medications and taking action to maintain a healthy lifestyle. Here are some things you can do to improve your knowledge of the medications you take and your ability to manage your health:

1. Review your medication list with your doctor or pharmacist regularly and ask any questions you may have.
2. Use a tool such as a pill box, medication calendar or reminder to help you remember to take your medications.
3. Implement small changes to your lifestyle that will help keep you healthy.
4. Know which medications require extra care in older adult populations. The following webpage contains a list of medications that require extra care when being used in older adults, why and how you can minimize any harm that they could cause.
<http://www.healthinaging.org/resources/resource:potentially-inappropriate-medication-use-in-older-adults>
5. Feel knowledgeable and confident in your health and medication. If you don't, start the steps over again until you do!

0-9 points

There are many ways your pharmacist can help you take control of your health and medications. You can start now by following these steps:

1. Make and keep a complete list of all the prescriptions, over-the-counter and supplement pills you are taking. A Pill Pouch may be helpful. <http://www.pillpouch.net/buy/> or <http://www.americangeriatrics.org/files/documents/beers/MyDrugDiary.pdf>
2. Review your medication list with your doctor or pharmacist regularly and ask any questions you may have.
3. Use a tool such as a pill box, medication calendar or reminder to help you remember to take your medications.
4. Learn how to say the names of the medications you are taking and have your doctor or pharmacist help you understand why you are taking each medication and exactly how you should be taking it.
5. Ask what kinds of things you can do outside of taking your medications to manage your health conditions and stay healthy.
6. Know which medications require extra care in older adult populations. The following webpage contains a list of medications that require extra care when being used in older adults, why and how you can minimize any harm that they could cause.
<http://www.healthinaging.org/resources/resource:potentially-inappropriate-medication-use-in-older-adults>
7. Feel knowledgeable and confident in your health and medication. If you don't, start the steps over again until you do!



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