

# USING MEDICATION WISELY

**G**uard against harmful medication interactions

**E**ducate yourself about the dangers of mixing alcohol and medication, proper dosage, and medication disposal.

**T**alk to your doctor and pharmacist about all the medication you are taking, including over-the-counter supplements and herbal medicines.

CONNECTED

## BI-COUNTY SENIOR CONNECTION

Education & Prevention  
Services for Older Adults

LIVINGSTON COUNTY  
CATHOLIC  
CHARITIES  
517-545-5944

CATHOLIC  
SOCIAL SERVICES  
OF WASHTENAW  
734-712-7774



# RISK FACTORS

- Social Isolation
- Death of Spouse / Partner
- Retirement / Loss of Job

# PROTECTIVE FACTORS

- Stay active, eat healthfully, and don't ignore pain
- Get regular check-ups, medication reviews, and screening tests
- Stay connected (activities, church groups, volunteering, senior center, family, and friends)

# TIPS

- Get plenty of rest, but don't use alcohol to help you sleep
- Keep medications out of the reach of children / pets
- Learn about safe medication disposal in your community