

TAKE CHARGE OF YOUR HEALTH

CLASS DESCRIPTIONS

1. MEDICINES: FRIENDS OR FOES?

LEARNING BASIC INFORMATION ABOUT HOW MEDICINES WORK.

This first session of the Take Charge of Your Health series defines the problem of medicine misuse among older adults and some of the causes. Discussion will focus on the most common types of drugs used by older adults, and on the different effects and possible interactions derived from medicines.

2. USING MEDICINES WISELY

READING MEDICINE LABELS AND SETTING UP A PERSONAL MEDICATION RECORD.

Participants will learn about the information they need to have before taking medicines and what information may be found on prescription and over-the-counter medicine labels. Additional sources of information on medicines will be discussed. Participants will learn how to fill out their own personal medication record and learn the importance of using it as a part of their healthcare system.

3. TAKE CHARGE OF YOUR MEDICINES

LEARNING HOW TO BUY, STORE AND TAKE MEDICINES PROPERLY.

Discussion will focus on the most common mistakes made when taking medicines. Participants will learn the basics of buying medicines, the proper storage of medicines and how to carry medicines when leaving home.

4. TALKING WITH YOUR DOCTOR

IMPROVING DOCTOR/PATIENT COMMUNICATION.

Participants will learn skills necessary to communicate effectively with their health-care providers. Participants learn to view their doctors as partners in the promotion and maintenance of their own health. As partners, the doctors and patients each have certain rights and responsibilities. This session will teach the patient how to fulfill those responsibilities and how to behave more assertively in asking for those rights.