

# MONTHLY NEWSLETTER

## BFORE AGING IN PLACE

foresee living independently



September 2025  
ISSUE #2



### FEATURED PRODUCTS

#### Pill Box:



[See it on Amazon](#)



[See it on Amazon](#)

#### Medicine Bag:



[See it on Amazon](#)

### LET'S TALK ABOUT... Medications

When considering all of the issues effecting your safety as you retire in your home, thinking about managing your medications may not be the first thing that comes to mind. Medications like sedatives, antidepressants, and blood pressure drugs can impair balance, alertness, and coordination, directly contributing to falls. It is critical that you take your medications regularly and as prescribed. Talk to your doctor if you experience unusual dizziness or other negative side effects and do it ... BFore Aging in Place.

Stay Safe,

*Laura B*



## INDEPENDENCE HURDLES... MEDICATION ADHERENCE

For millions of older adults, staying on track with medications can preserve independence by avoiding health setbacks and unnecessary hospital visits. Yet studies show that nearly 50% of prescriptions aren't taken as directed. The reasons vary - complex regimens, forgetfulness, side effects, or simply not understanding why a medication is needed. The good news? Staying adherent doesn't have to be complicated:

- Get a pill organizer and use it - some modern pill boxes can be very discrete
- Keep your medications and supplements together in one place and take them with you to the doctor
- Review all medications & supplements at every doctors visit, stop those that are no longer needed, switch out those that increase fall risk if you can
- Get to know your pharmacists and ask them about medication & supplement risks and interactions

If you or your loved one are overwhelmed with managing the complexity of multiple prescriptions or burdened with forgetfulness, you may want to consider a more sophisticated pill box, like those offered by **MedCENTER:**

- **31 day dispenser** so you only need to set it up once per month
- Up to **4 different time slots** per day for morning, noon, evening and nighttime dispensing
- Holds up to **64 tablets per day** to include all medications and supplements you may need
- **Friendly voice notifications** with large digital date and time display
- **Easy tracking** of days completed each month

[Visit the MedCENTER Store](#)



# True or False? (See answers at the bottom of this page.)

1. A recent study found that polypharmacy (5+ medications) and hyperpolypharmacy (10+ medications) have nearly doubled over the past 20 years.
2. Among older adults, 10% of hospital admissions could potentially be avoided with better medication adherence.
3. While it is understood that some medications can increase falls risk, no supplements are known to increase falls risk



## REMINDERS...

- Bookmark our website [BForeaginginplace.com](https://BForeaginginplace.com) to use our library of best practices and to follow our blog.
- Follow us on social media at **BFore Aging in Place** on Facebook and **bforeagingin** on Instagram and like the posts you enjoy.
- Tell your family, friends and anyone looking for greater confidence living at home about this great new resource.

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