



## WHY DOES THIS HAPPEN?

*People with Alzheimer's or dementia might:*

- forget to take their medications
- forget that they took their medication, so they take them again and again and again
- get sick or be poisoned because the wrong pills or too many pills were taken



VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

Adapted from PLAIN LANGUAGE FACT SHEET, developed by Alzheimer's Greater Los Angeles and Supported by DHHS, ACL (#90AL0002-01-00)

# Medications

People with Alzheimer's or dementia may need help with taking their medicine. Taking too much... or too little... or not following the directions... can be dangerous.

## WHAT CAN YOU DO?

### Watch Closely

- make sure he or she
  - takes the right number of pills at the right times
  - follows the directions on the medication
- do not leave medications in a pill box or cup on the counter
- do not leave him or her alone to take their medicine

### Lock Away Medicine

- make sure all medications are out of sight and out of reach

### Talk to ALL the Doctors

- do not stop giving any medicine without asking the prescribing doctor first
- bring all medicines in a bag or box to every doctor
  - include vitamins, herbs, teas, creams, and other pills from the drugstore
- ask the doctor if medicines can be mixed into foods or drinks
  - this is helpful if you are having trouble getting your person to take their pills

**NOTE:** If you notice sudden changes like violent behaviors or trouble with bathroom accidents, call the doctor.

- these changes could be caused by a reaction to a medication or a new illness