**Week 4:**

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| **Lesson Plan--Medication** |
| **Learning objectives**: Participants will state s/s of medications that may increase risk for fallsParticipants will state 2 ways to safely administer medications at home |
| **Materials for leadership team:**  |
| Session Four:Handouts---Review homework of physical changes as you age homework |
| **Greet all by name—review homework on thoughts/feelings/what do you do to stay motivated Introduce pharmacist—review medication administration—techniques that participants use to be safeClassification of medications that are connected with fall riskBeing aware of potential side effects and how to prevent falls is a step toward remaining healthy and independent.****Review and use of medications--Medication Safety:****Falls are a common side effect of certain medications. Taking more than 4 medications each day may increase your fall risk****Discuss your medications with your provider yearly.****Get to know your pharmacist in the community to learn more about medications, or to ask questions in between provider visits.****Remember to tell your provider about supplements that you use.****Keep a complete list of your medications.****Know the reason you take each medication.****Systematic form for tracking medications****If your provider does not provide you with medication overview create a form to keep track.****Medication Safety****Take medications as directed****Read information and ask questions if you do not understand of your provider or the pharmacist.****Report symptoms or side effects to your health care provider, especially if starting a new medication.****Medications should not be used if they are outdated.****Take medications until they are gone, unless directed to stop.****Never take medications in the dark. Make sure you know what you are taking.****Get to know your pharmacist...they are part of your healthcare team.****Use pill box systems to assist you in remembering medication times/days.****Storing medications****It is best to keep all medications in one place-this keeps them organized.****To avoid mix-ups, keep your medicines separate from family members****Keep medicines secure to prevent a child from accidental overdose****Dispose of medication not being used appropriately** |
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| **0Review:Walking 25-30 minutes (3-4x/week)—Check walking calendar****Balance exercises daily—review I-IVHomework:**For next week begin identifying your feelings before you walk, during and afterTry to do this for 4 of the next 7 days.Handout on Thoughts and FeelingsClose |
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