

Is it time for a better way to manage your medications?

Use this self assessment as a guide to determine if a medication management system is right for you.

A medication management system can help ensure that you are getting the correct medication at the right time. This could help reduce the risk of complications and unplanned doctor or hospital visits. To find out if it's time for you to consider an automated medication management system for yourself or someone you care for, answer the simple questions below.

"I have so many medications that I can't seem to remember which ones to take when – and I don't want to end up in the hospital."

Questions (Check the box if your answer is "Yes")	YES
1. Are you taking three or more medications?	
2. Do you take medications two or more times per day?	
3. In the past month, have you missed medications because you forgot to take them?	
4. Do you have a chronic condition or disease, such as: heart disease, COPD, osteoporosis, diabetes, or cancer?	
5. Do you require assistance with daily living activities, such as taking medication, bathing, dressing, or cooking?	
6. Would automated medication dispensing provide peace of mind for you or a loved one?	
7. Is it important to you to continue living independently?	
8. Do you have concerns about complications that could occur if you don't take your medications correctly?	
9. Do you have concerns about being hospitalized due to incorrect use of medications?	
Total checks	

6-9 YES answers

This high score indicates that you may be at serious risk for medication mistakes resulting in complications.

3-5 YES answers

You could be at some risk for medication mistakes resulting in complications.

1-2 YES answers

Ask yourself two important questions:

If I don't take my medicine correctly, am I at risk for further complications?

If I don't take my medicine correctly, am I at risk of having to leave my home so someone can help me take them?

If the answer is "yes" to either question, it might be a good idea to discuss an automated medication management system with your family and health care provider.



This service is available through the VNA for anyone living in the Omaha and Council Bluffs areas. Please call VNA at (402) 342-5566, (712) 328-2636 or (800) 456-8869 for more information, or email Andrea Witt at awitt@thevnacares.org.

