

Medicines at Day Programs for Older Adults

Some of our clients need help to take their medicines while attending the Day Program.

Nurses can help give medicines, if needed. If you are someone who we think needs help, we let you know.

For us to give you your medicines, we need you to do all of the following things.

- **Ask your pharmacist or doctor to review the medicines you take.**
See if they can adjust the timing so you are bringing the least number of medicines with you as possible.
- **Ask your pharmacist to package and label each medicine dose.**
For example, ask them to package one or more medicines you would take at one time into blister packs.
If the pharmacist cannot package a medicine into separate doses, they need to label the medicine clearly, for example, inhalers.
- **Bring your supply of the day's medicines each time you come.**
- Tell us when medicines have changed or you no longer take them.

We can only give medicines dispensed by a pharmacist. We cannot give vitamins, supplements, or medicines you buy without a prescription.

If you have any questions about this service, please ask one of the nurses at the Day Program.