



Lifeline

Taking medications

A guide
for better
health and
fall
prevention.



Medications and the risk of falling

Medications are prescribed to help manage illnesses, but there can be risks. Some medications can cause drowsiness, dizziness, or vision problems which can increase the risk of a fall. Some medications can also decrease bone density or increase the risk of bleeding, which can increase the severity of a fall injury.¹

The risk of falling increases with the number of prescription and over-the-counter medications taken. Talking with a healthcare professional and taking medications as prescribed can reduce your risk of falling and improve your health and ability to live independently.²

Lifeline with Fall Detection summons help when you can't

No matter how many precautions you take, a fall can happen at any time.

Lifeline's Fall Detection service is designed to detect your fall and automatically contact the Lifeline Response Centre if you can't so that help can reach you quickly.³



1. Cadario B, Scott V. *Drugs and the risk of falling in the elderly: A new guideline from the BC fall and injury prevention coalition*. Br Columbia Med J. 2010;52(5):268.
2. K. Cameron, R.Ph., M.P.H, *The Role of Medication Modification in Fall Prevention*. NCOA: Falls Free: Promoting a National Falls Prevention Action Plan, (2005): 29-39.
3. Fall Detection does not detect 100% of falls. If able, users should always push their button when they need help.



MedReady makes taking medications easy

Of all the reasons why medications cause falls, not taking them as directed is #1. MedReady, distributed by Lifeline, is a quick and easy programmable medication dispensing device designed to help you take your medications as directed.

- ▶ Easy to set up and use
- ▶ “Time for medicine” alarm beeps until the medication is taken
- ▶ Holds up to 4 doses a day for 7 days
- ▶ Caregivers can be notified if you miss a dose

MedReady helps you:

- ▶ Remember to take medications at preprogrammed times
- ▶ Reduce the risk of unplanned hospital stays or emergency room visits related to incorrect medication use
- ▶ Remain independent at home

If you are struggling with your medications, discover how Lifeline’s MedReady can help reduce the risk of medication errors. Call us today!



Only available at participating Lifeline programs.

Speak to your doctor or pharmacist

It's important to understand the prescription medications, over the counter medications, vitamins and other supplements you are taking. Be sure to talk with your doctor or pharmacist about them using the questions below.

And while you're at it, ask about medication reminder services that can help you take your medications on time.

7 important questions to ask about your medications

1. Why do I need this medicine?
2. For how long should I take this medicine?
3. When should I take this medicine? (e.g. morning? evening?)
4. How should I take this medicine (e.g. with food? water?)
5. Are there side effects I should know about?
6. What do I do if I miss a dose or take too much?
7. Are there foods or drinks I should avoid with this medicine?



Why choose Lifeline

- ▶ Lifeline is the #1 medical alert service in Canada.¹
- ▶ Caring, friendly Lifeline Response Associates are ready to help 24/7
- ▶ Canadian round-the-clock monitoring
- ▶ Professional home installation
- ▶ Proven fall detection technology available
- ▶ No landline phone needed.²
- ▶ No long-term contract

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Lifeline

1 Claim based on the number of subscribers.

2 For cellular service options, a customer phone number is required to enroll. Assumes the location of the communicator is in an area with sufficient access to coverage by the third party cellular network provider.

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