



AGECaring NEWSLETTER

Providing support and education for
older adults and caregivers

Sponsored by The Arkansas Geriatric Education Collaborative (AGEC)

Medication Safety This Fall: Stay Healthy as the Seasons Change

As the weather turns cooler and fall activities begin, it is a good time to think about medication safety. Whether you are traveling to visit family, enjoying holiday gatherings, or simply getting back into a fall routine, taking your medicines safely can help you stay healthy and active.

Many older adults take several medications each day to manage their health. As we age, our bodies can react to medicines differently than they did years ago. Some medicines may cause side effects such as dizziness, sleepiness, or balance problems, which can increase the risk of falls.

Fall is also a great time to review your medications with your doctor or pharmacist. Be sure to keep an updated list of all your prescription medicines, over-the-counter medications, vitamins, and supplements, and bring it with you to appointments. This helps your healthcare

team make sure your medicines work well together.

Taking medicines at the same time each day can make them easier to remember. Many people find that pill organizers, reminder alarms, or phone alerts are helpful tools.

If you notice new symptoms after starting a medication, such as dizziness, confusion, or feeling unusually tired, let your doctor or pharmacist know. Never hesitate to ask questions about your medications. Understanding what you take and why you take it is an important step toward staying healthy, independent, and enjoying all that fall has to offer.

Have you had your annual medication review yet? Fall is the perfect time to bring all of your medications, vitamins, and supplements to your pharmacist or healthcare provider for a quick safety check.

Become a Dementia Friend in Arkansas

Did you know that you can help make Arkansas a more dementia-friendly place to live? The free online Dementia Friends course helps community members learn what it is like to live with dementia and how small actions can make a big difference for individuals and families affected by the disease.

The course can be completed online at your own pace from the comfort of your home. Participants learn about common signs of dementia, ways to communicate more effectively, and simple steps that can help people living with dementia feel understood, respected, and supported.

Becoming a Dementia Friend is not about becoming an expert or a caregiver. It is about gaining understanding and learning how to make your community more welcoming for people living with dementia and their families.

To learn more or take the free online course, visit the UAMS AGECE website at [agec.UAMS.edu/become-a-dementia-friend](https://agec.uams.edu/become-a-dementia-friend) or explore additional dementia education resources through UAMS Arkansas Geriatric Education Collaborative.

Learn with us

patientslearn.UAMS.edu/agec/



Check out our calendar! agec.UAMS.edu/community-events

Watch Our Online Community Programs

Visit: patientslearn.UAMS.edu/agec

Family Caregiver Workshop

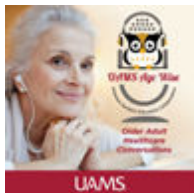
Use facebook.com/UAMSagec to view saved video content!

- Recognizing and Preventing Social Isolation
- Heart and Brain Health
- Eat Well, Live Well
- Ageless Grace Exercise video
- Healthy Cooking videos
- AGECaring Friends interviews
- Caregiving tips for Dementia and Alzheimer's disease
- Understanding Dementia and Alzheimer's Disease and many more!

Now online at agec.UAMS.edu/workshop

or check the calendar for in person workshops

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