

This information was produced in consultation with a clinical reference group and consumers.



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It's OK
to ask



Rethinking your medications

FOR BETTER HEALTH OUTCOMES

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Modern medicines have had a major impact in helping us stay well.

As we get older our bodies change, so it's important to make sure our medications are still right for us.

DID YOU KNOW?

- People taking five or more medications are more likely to have a fall.
- Medication problems are a significant cause of older people going to hospital.
- Some medications have different effects as you get older.
- Your medications may not be giving you the benefit they used to.

At your next visit, your doctor would like to discuss your medications with you.



You and your doctor should regularly review your medications together. It's about making sure your medications are still giving you the benefits to meet your needs.

YOU MIGHT LIKE TO ASK YOUR GP:

- Do I still need to take all of my medications?
- Are all of my medications still helping me to stay well?
- Could any of my medications be causing side-effects?
- Could any of my medications be affecting the others?

You are encouraged to bring along a **family member** or **support person** with you to your next appointment.

Your **GP** is the best person to answer questions about your health.

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