

**Medication Management Session Schedule  
Senior Center**

**Time: 1:30-2pm meet Exhibitors  
2-3PM, 3-3:15 Break, 3:15-4PM**

- 1. September 24 Program Orientation and Medication Use System**
  - a. Program overview and purpose
  - b. Elder Options Medication Management Page  
<https://agingresources.org/medication-management-series/>
  - c. Medication Management “Hassles” survey: Identify the major challenges for individuals and caregivers in managing medication
  - d. Medication List preparation: Preparation for Session 2, October 22n.
- 3:15-4PM Medication Use System  
How understanding the medication use system and relevant personnel is essential to managing medications.
- 2. October 22<sup>nd</sup> The Personal Medication List: An essential tool for care**

Medication List

  - a. Bring your hard copy medication list. The information categories and content will be discussed.
- 3. January 28, 2020 Medication cost management strategies**

Medication cost

  - a. Review of the methods and sources that may allow you to lower your medication cost.
- 4. February 25 Medication Management “Hassles”**

Medication Management Hassles

  - a. The Medication Management Hassles survey will be analyzed for rating of each hassle, by the audience, with the “worst hassles” addressed for possible solutions.
- 5. March 24 Medication Management “Hassles” (continued)**
- 6. April 28 Medication Information:** Identifying, interpreting and using credible sources
- 7. May 26 Program recap, new topics identified, new information, program review and lessons learned**