



The POWER program series presents

Medication Safety for Older Adults:

What you need to know to help better manage your prescription medications.

This presentation is appropriate for adults 62+, family or caregivers of older adults, and other community members interested in medication safety.

Ashland Community Center

**Monday
Oct. 23, 2017**

9:30 am



While older adults make up approximately 13% of the US population, they consume 34% of all prescription medicines and 30% of over-the-counter drugs.

Many older adults are taking multiple medicines, putting them at risk for serious adverse drug events and/or negative drug-related health complications. Age-related changes in how the body processes drugs coupled with difficulty reading labels or keeping track of daily doses can also complicate the picture.

There are strategies that older adults can use to help decrease their risk and increase their understanding around the topic of medication safety.

Additional information on proper medication disposal and storage to decrease the risk of drug diversion will also be presented.

Information will be presented by **Dr. John Byrnes**, Clinical Neuroscientist, owner of Metrowest Neuropsychology, LLC, and Research Associate Professor of Biomedical Sciences at Tufts University, and **Dr. Liz Byrnes**, Neuroscientist, Tufts University. The Byrnes are Ashland residents and have four children.



We welcome Ashland community members to come learn about this important topic.

