

# What is Medication Management?

Medication management is about making sure people take their medications the right way. This means taking them at the right time and in the correct amount. It helps make treatments work as well as they can. If someone takes the wrong amount or skips doses, their treatment might not work, and it could even cause problems for their health.

## Tips for Patients and Caregivers

Patients and caregivers, whether family members or professional aides, can take active steps to manage medications effectively. This includes:

- **Keep a medication list:** Write down all the medicines a person is taking, including dosages and schedules. This list can be a lifesaver in emergencies or during routine doctor visits.
- **Ask questions and learn:** Don't hesitate to speak up and ask your provider or pharmacist about your medicines. Make sure you understand how to take them, the correct dose, and any possible side effects.
- **Talk to your provider about changes:** Never stop taking a medication on your own. If you notice side effects or have concerns, let your healthcare provider know. They can help decide if changes are needed in your treatment plan.

## Medication Management at Seven Counties Services

At Seven Counties Services, we help people manage their medications safely and effectively. Our services are personalized to meet each person's needs, making treatments more effective while reducing risks. Here's how we support you:

**Personalized Assessments:** Our healthcare team works with each person to create a medication plan that fits their specific needs. During this process, we explain how to take medications correctly, discuss possible side effects, and provide guidance on what to do if there are any concerns.

**Ongoing Support:** We offer ongoing help to track progress, solve problems, and adjust medication plans when needed. Our team also works closely with doctors, pharmacists, and other providers to make sure everyone is on the same page about your care. Whether you need counseling, reminders, or one-on-one support, we provide tools to help you stick to your medication routine.

If you'd like to learn more about our medication management services, call us at (502) 589-1100 or request services online. For addiction services, you can also walk into our Preston Street location Monday through Thursday from 8:30 a.m. to 7:30 p.m. or Friday from 8:30 a.m. to 4:00 p.m.  
Start your medication management journey with us today!



Seven Counties Services