

Keeping Track of Your Medicines

This chart can help you keep track of the different medicines, vitamins and over-the-counter drugs you take. Because your medications may change over time, make a copy of the blank form so you will always have a clean copy to use. Try to bring a completed and updated copy of this form to every healthcare provider appointment.

Date:

| Name of Drug | What It's For | Date Started | Date Stopped/ Reason | Healthcare Provider | Color/ Shape | Dose (How Much/ How Often) | Instructions |
|--------------|---------------|--------------|-------------------------|------------------------|-----------------|----------------------------------|--------------|
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Source: National Institute on Aging

www.nia.nih.gov/health



Concerns to Discuss

This form can help you organize your concerns, symptoms, or other health matters that you'd like to discuss with your healthcare provider. Make a copy of the blank form so you will always have a clean copy to use. Then, after you make an appointment, take a minute to write down the name of the healthcare provider and the appointment details (the date, time, address).

Healthcare provider:

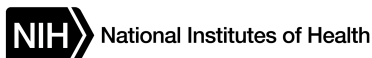
Appt. Date:

Time:

Address:

Phone:

| Appointment Details (most important concerns to least important) | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| Notes: | |



Health and Aging Information Resources

Here is a sampling of resources that may be helpful. You may find more information through the Internet, home medical guides, books and articles available at libraries, national organizations or associations, other institutes within the National Institutes of Health (NIH), and self-help groups.

National Institute on Aging (NIA) Resources

NIA Information Center

P.O. Box 8057

Gaithersburg, MD 20898-8057

1-800-222-2225

1-800-222-4225 (TTY)

www.nia.nih.gov/health

www.nia.nih.gov/espanol

NIA has free information in English and Spanish, both online and in print publications. Check out NIA's booklet *Talking With Your Health care provider: A Guide for Older People*. Visit NIA's website to find these resources and to sign up for email alerts about new information.

Alzheimer's Disease Education and Referral (ADEAR) Center

1-800-438-4380

www.nia.nih.gov/alzheimers

NIA's ADEAR Center offers referrals and free information about Alzheimer's disease and other dementias, including fact sheets and other publications.

NIHSeniorHealth.gov

This website from NIA and the National Library of Medicine, both a part of the National Institutes of Health, is designed specifically for older people. It features a wide variety of popular health topics presented in a simple-to-use, easy-to-read format. It also has short videos and a button to make the type larger.

Go4Life®

www.nia.nih.gov/Go4Life

NIA's online exercise and physical activity campaign, **Go4Life®**, features a sample workout, exercise videos, motivational e-cards, printable tip sheets, success stories, online tracking tools, and more.

< 1 of 2 >

Source: National Institute on Aging

www.nia.nih.gov/health



National Institutes of Health

Other Federal Government Health Resources

Centers for Disease Control and Prevention

1600 Clifton Road
Atlanta, GA 30333
1-800-CDC-INFO (1-800-232-4636)
1-888-232-6348 (TTY)
www.cdc.gov

The CDC has information about health issues in America and abroad, disease and injury prevention, and emergency preparedness.

Eldercare Locator Service

1-800-677-1116 (bilingual)
www.eldercare.gov

The Eldercare Locator is a nationwide, directory assistance service helping older people and caregivers locate local support and resources for older Americans. It is funded by the Administration on Aging.

U.S. Food and Drug Administration

Consumer Health Information
Room 5377, Building 32
10903 New Hampshire Avenue
Silver Spring, MD 20993
www.fda.gov/ForConsumers

The U.S. Food and Drug Administration website has information for older people about prescription and over-the-counter medicines, drug safety, and ways to lower medicine costs.

Medicare

Centers for Medicare and Medicaid Services
7500 Security Boulevard
Baltimore, MD 21244-1850
1-800-MEDICARE (1-800-633-4227)
1-877-486-2048 (TTY)
www.medicare.gov

The Medicare website has information about health and drug plans and explains what is covered by different parts of Medicare.

MedlinePlus

1-888-FIND-NLM (1-888-346-3656)
1-800-735-2258 (TDD)
www.medlineplus.gov

This website from the National Library of Medicine has information about a variety of diseases and conditions, as well as descriptions of medical ("laboratory") tests.

National Institutes of Health

9000 Rockville Pike
Bethesda, MD 20892
1-301-496-4000
1-301-402-9612 (TTY)
www.nih.gov

NIH, the nation's medical research agency, conducts and supports research on the causes, treatments, and cures for both common and rare diseases.



