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## **Caregivers' Guide to Medications and Aging**

As people age, changes occur that can make them more susceptible to suffer from medication-related problems.

The Family Caregiver Alliance's article [Caregivers' Guide to Medications and Aging](#) discusses signs to watch for as well as using your pharmacist to help identify possible problems and/or causes, including too many medications. Ways to prevent medication-related problems are addressed, including the need for a new medication, use of unnecessary medications, doses that are too high or low, etc. Then tips are given for basic, safe medication use as well as questions for physicians and pharmacists and sharing responsibilities. Lastly, the article provides online resources and references.

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