

Safe Medicine Use For Seniors

According to the National Institute on Drug Abuse, people 65 and older make up 13% of the American population, yet take 1/3 of all prescription drugs*.

Seniors have a greater chance of having problems with medicines if they:

- Live alone
- Have memory problems
- Get prescriptions from more than one prescriber
- Fill prescriptions at more than one pharmacy (including online/community pharmacies)
- Take 3 or more medicines, including over the counter drugs and herbal/dietary supplements.
 - This increases the risk for mistakes and drug interactions (when one drug can affect how another drug works)



<http://www.aplaceformom.com/blog/1-22-2014-quiet-epidemic-senior-drug-abuse/>

*National Institute on Drug Abuse.
<https://www.drugabuse.gov/publications/research-reports/prescription-drugs/trends-in-prescription-drug-abuse/older-adults.7.6.2017>.

(Turn page over for medicine drop box locations in Wake County.)

Steps to stay SAFE!

- Keep the Carolinas 24 Hour Poison Center help number near or programmed in your phone: **1-800-222-1222**
- Make a list of all medications you take.
 - Share this list with your provider at each visit (include vitamins/supplements and over the counter drugs)
- Beware of interactions.
 - Some medications can be harmful when mixed with alcohol, and some food interactions can cause dangerous side effects.
 - When starting a new medication (or vitamin, supplement), ask your provider or pharmacist: "Will this work safely with the medicines I am taking?"
- Read and follow instructions on the labels of your medications.
- Pay attention to side effects.
 - If you notice changes in how feel, think, or act, contact your provider right away.
- Use reminder tools or products.
 - Use daily pillboxes to help track medications.
 - Search for medicine reminder and tracker apps on your smartphone.

Wake County Area Dropbox Locations

Dropboxes do not accept liquids or needles.

- **Apex Police Department**
205 Saunders Street Raleigh, NC
(919) 362-8661
Monday-Friday: 8am-5pm
- **Cary Police Department**
120 Wilkinson Avenue Cary, NC
(919) 469-4012
Monday-Friday: 8am-5pm
- **Fuquay-Varina Police Department**
114 N. Main Street Fuquay-Varina, NC
(919) 552-3191
Open 24/7
- **Garner Police Department**
912 7th Avenue Garner, NC
(919) 772-8810
Monday-Friday: 8am-5pm
- **Holly Park Pharmacy**
3058 Wake Forest Road Raleigh, NC
(919) 865-9993
Monday-Friday: 8am-5pm
Saturday: 10am-1pm
- **Holly Springs Police Department**
750 Holly Springs Road Holly Springs, NC
(919) 557-9111
Open 24/7
- **Morrisville Police Department**
260 C Town Hall Drive Morrisville, NC
(919) 463-1600
Monday-Friday: 9am-5pm
- **Wake County Human Services Building**
10 Sunnybrook Road Raleigh, NC
(919) 250-4553
Monday-Friday: 8:30am-8pm
Saturday: 8:30am-4:30pm
- **Wake County Law Enforcement Training Center**
2300 Law Enforcement Drive Raleigh, NC
(919) 856-6900
Monday-Friday: 8am-5pm
- **Wake County Sheriff's Office**
330 S. Salisbury Street Raleigh, NC
(919) 856-6900
Monday-Friday: 8am-5pm
- **Wake Forest Police Substation**
221 S Brooks Street Wake Forest, NC
(919) 554-6150
Monday-Friday: 8am-5pm

