

AAA offers HomeMeds program

A new service offered by the Johnson County Area Agency on Aging can address therapeutic duplication and drug interaction.

The HomeMeds program is evidence-based and administered in the home of clients to identify common medication-related issues and to improve general medication use. You might benefit from this program if you are age 60 or older, take more than five medications, are at risk of falling and/or are recently discharged from the hospital.

When you call the Johnson County AAA at 913-715-8861 and request a HomeMeds screening, staff will gather your information, and a social worker from the AAA will call to schedule an appointment. AAA staff use a web-based risk assessment and make a referral to a contracted pharmacist if an alert notes a possible issue. The pharmacist then contacts the prescribing physician for consultation and any necessary changes.

Assessors will gather the names of your medications, dosage, amount, form, frequency, method of administration and information on the prescribing physician and dispensing pharmacy.

Avoid problems

As you get older, the way medications work in your body can change. And while medications are very important in helping to control many illnesses, they can also have serious side effects. Each year, nearly 100,000 older adults are admitted to the ER because of medication-related issues including falls, dizziness, heart issues or confusion.

What is HomeMeds?

HomeMeds offers a free review of all your medications by a pharmacist for the first 50 clients every year and then private pay reviews for additional clients (see costs below). If you answer YES to some or all of these questions, you may benefit from a review:

- You see multiple doctors.
- You fill prescriptions at multiple pharmacies.
- You have recently experienced a fall, dizziness or unusual confusion.
- You have recently been to the ER or hospital.
- You take blood thinners or diabetes medications.
- You take over-the-counter drugs or supplements.
- You take medications to help you sleep.



A staff member visits you at home to prepare a list of all your medications, including any over-the-counter drugs or supplements. This is reviewed by a specially trained pharmacist. If any problems are found, the pharmacist will work with



you and your doctors to make sure that you are only taking the medications that are right for you.

Your doctor will thank you!

• Your doctors often have too little time with you to be able to ask important questions about how your medications are making you feel. They may not ask you about your over-the-counter medications or any supplements you might be taking. That is why doctors are very happy when their patients bring them a complete list of all their medications and when pharmacists call them to let them know of possible problems.

What HomeMeds clients say

“I was having a lot of dizziness, until the pharmacist explained that I should not be taking my thyroid medication at the same time as all my other medications. Now I take it with a glass of water 30 minutes before my other meds and rise slowly from sitting or lying down. The dizziness has gone!”

HomeMeds, an innovation of Partners in Care Foundation, a non-profit, community-based organization, has been recognized as a highest level evidence-based healthy aging program by the U.S. Administration for Community Living.

Cost

The Johnson County Area Agency on Aging offers this assessment alone or along with other assessments related to Meals on Wheels, housekeeping, attendant care and respite care. The HomeMeds program is funded through the Older Americans Act free of cost for the first 50 clients each year starting in October. After the first 50, the cost is \$106 per client if they are seeking an additional AAA service or \$192 if they are seeking medication reconciliation only. Pre-payment for service is required.

To make a referral, simply contact our AAA Aging and Assistance line 913-715-8861. **BT**

Helping older adults to live in the community with independence and dignity.

Information & Referral
913-715-8861

Senior Health Insurance Counseling
for Kansas (SHICK)
1-800-860-5260

Volunteer Services line
913-715-8859

The Commission on Aging (COA) will meet from 9-11 a.m. Wednesday, Nov. 14 in the Sunset Drive Office Building, Room 1070, 11811 S. Sunset Drive, Olathe. No meeting is scheduled in December. For more information, call 913-715-8860 or 800-766-3777 TDD or visit www.jocogov.org/coa or www.facebook.com/jocoaging/.

AAA programs are funded by the Older Americans Act and state funds through the Kansas Department for Aging and Disability Services, Johnson County government, agency matching funds and individual participant donations.

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