

5 tips to good medicine use for Elders



DAMPAA Brain Health Program

KNOW YOUR MEDICINES

Have a yarn with your doctor and ask why you are taking this medicine. Let them know if you are taking any **bush medicine**.



KEEP A LIST OF YOUR MEDICINE

Keep a list of all your medicines from your doctor and healer in your bag or pocket.

BE SAFE

Ask your doctor how to take your medicine **safely**.



GOOD STORAGE

Keep your medicine in a **safe place** away from kids. Do not leave them in the sun or in a place that can get hot, like a car or window. Some medicines, such as insulin, need to be refrigerated or kept cool.



LOOK OUT FOR SIDE EFFECTS

Tell your doctor if you have any **health problems** from your medicine and keep in contact with your healer.



DEVELOPED FOR:



DAMPAA
Dementia prevention and
risk Management Program
for Aboriginal Australians

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Aboriginal Health
Research**

IN PARTNERSHIP WITH:

