



FACT

According to the CDC
39% of seniors
take five or more
prescription drugs.

FACT

Keeping track of
medications can be
confusing, frustrating
and stressful.

FACT

Failing to take
medications as prescribed
can be dangerous –
even deadly.

FACT

**The Better Living
program is here to help!**



Helping All Seniors Thrive®

**To learn how to enroll for
medication management, or
to volunteer, contact us today!**

**Better Living through
Medication Management**
Jewish Council for the Aging®
12320 Parklawn Drive
Rockville, MD 20852

240.395.0915
BetterLiving@AccessJCA.org

www.AccessJCA.org

The Better Living program is made possible by funding from the Maryland Department of Aging. JCA is pleased to provide this program in collaboration with Premier Homecare (a subsidiary of JSSA) and APC LLC, a patient-centered pharmacy service.



JCA is a proud community partner of The Jewish Federation of Greater Washington and is a beneficiary of the United Way and Combined Federal Campaign.

Within the limits of its resources, JCA serves people of all faiths and from all walks of life. Indeed, we try to be as inclusive as possible in all that we do. Sometimes, however, JCA may deny a person or group the option to enroll or to continue to participate in all or particular programs and services. We reserve the right to do so, at our sole discretion, should we believe that our action is in the best interest of the individual or program or for any other reason not precluded by applicable law. JCA may change the nature and fee schedule of its programs at any time and without written notice.

JULY 2016



Better Living through Medication Management



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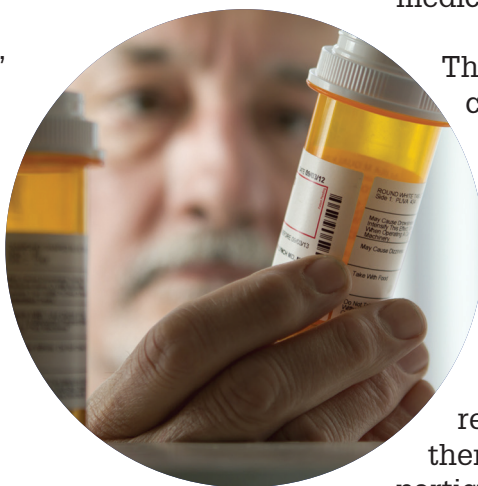
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The Better Living program provides no cost/low cost assistance with medication management to adults ages 60+ who live in Montgomery County, Maryland.

Participants include:

- Older adults with chronic conditions, such as hypertension, congestive heart failure, diabetes, chronic obstructive pulmonary disease (COPD) – and many more.
- Older adults identified by their physician's office or hospital as at risk of being re-hospitalized or placed in a nursing home.
- Older adults who wish to "age in place" in their current home and need assistance in managing medications.



Better Living participants are served by specially trained volunteers.

Our volunteers provide many levels of assistance, such as daily telephone reminders and weekly visits, to help seniors manage their medications.

The type of help is customized based on an in-home nursing assessment that identifies what each senior needs to manage his or her medications.

Better Living volunteers are trained in the dos and don'ts of medication management. They also receive training and resources to help them work effectively with program participants.

Most of all, our volunteers care about the health and well-being of seniors.



We are here to help reduce the stress and worry of managing medications. Our mission is to help older adults stay healthy and out of the hospital!

Older adults enrolled in the Better Living program benefit from different kinds of reminders, depending on the complexity of their medication regimen and how much assistance they require. Assistance may include:

- Telephone reminders
- Medication monitoring visits
- Prepackaged and home-delivered medications

Best of all, the Better Living program is no cost/low cost. To be eligible, seniors must live in Montgomery County and be interested in participating.

If you or someone you love could benefit from this program, contact us today at 240.395.0915 or BetterLiving@AccessJCA.org.



Become a Better Living volunteer!

We offer flexible opportunities and specialized training. To learn more, contact us at 240.395.0915 or BetterLiving@AccessJCA.org.