

Medication management strategies by community-dwelling older adults: a multisite qualitative analysis.

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There are available guidelines for older adults on how to take their medications safely, and how closely older adults' actual [medication management](#) practices [align](#) to guidelines is an important area of study. This study asked 28 community-dwelling older adults taking five or more medications how they manage them, and compared those strategies to the [Food and Drug Administration](#) (FDA) and National Institute on Aging (NIA) guidelines. Several strategies were in opposition to the guidelines, including self-weaning or splitting pills. Additionally, several reported seeking information from potentially unsafe sources (e.g., internet).