



To book a session, contact
your local state COTA office.

ACT Phone: 02 6282 3777
Web: www.cota-act.org.au

New South Wales Phone: 02 9286 3868
Web: www.cotansw.com.au

Northern Territory Phone: 08 8941 1004
Web: www.cotant.org

Queensland Phone: 07 3316 2999
Web: www.cotaq.org.au

South Australia Phone: 08 8232 0422
Web: www.seniorsvoice.org.au

Tasmania Phone: 03 6228 1897
Web: www.cotatas.org

Victoria Phone: 03 9654 4443
Web: www.cotavic.org.au

Western Australia Phone: 08 9321 2133
Web: www.cotawa.asn.au

About NPS

National Prescribing Service Limited (NPS) is an independent, non-profit organisation for quality use of medicines.

We provide accurate, balanced, evidence-based information and services to help people choose if, when and how to use medicines to improve their health and wellbeing.

NPS is funded by the Australian Government Department of Health and Ageing. NPS funds COTA to conduct the seniors peer education sessions.

www.nps.org.au

About COTA

The Council on the Ageing (COTA) organisations have a pre-eminent role in representing, advocating and responding to the needs and interests of seniors throughout Australia.

COTA organisations are in each state and territory in Australia.

www.cota.org.au

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Australian Government Department of Health and Ageing.

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National Prescribing Service Limited

Think differently
about medicines

Safe medicine use for seniors



Free education sessions





Did you know ...?

- About 90% of Australians over 65 take at least one medicine at any one time.
- Around 140,000 people are hospitalised every year as a result of medicine-related problems and more than half of these are preventable.
- 'Medicine' can include prescription medicines, over-the-counter medicines, vitamin and mineral supplements, and herbal and natural therapies.

The National Prescribing Service (NPS) and the Council on the Ageing (COTA) work in partnership to present peer education sessions to seniors around Australia.

We combine our expertise on the safe and wise use of medicines with understanding the interests and needs of seniors.



About the sessions

A trained peer educator will come to your venue and lead participants through information about medicines, using interactive activities and encouraging feedback and questions.

How much are the sessions?

Sessions are free.

How long are the sessions?

Sessions run for about an hour depending on the level of interaction and questions from the group.

Information to take home

Participants receive resources to take home to assist them in managing their medicines and talking with their doctor and pharmacist.

“ I learned to take greater responsibility for my taking of medication — have written lists, ask more questions and inform my husband as to what I take in case of emergency — a very worthwhile session. ”

Participant feedback September 2008.

Topics available

We run a number of topics that you can attend. These are:

Quality use of medicines

- What is a medicine?
- How to get better results from medicines you take.
- How to avoid medicine mix-ups.
- What questions to ask your doctor and pharmacist.

Generic medicines

- The difference between brand medicines and generic medicines.
- How to identify the active ingredient in your medicine.
- How and where you can find reliable information about your medicines.

More than medicines — living well*

- How to become a more active partner in the management of your health.
- How to make lifestyle changes to benefit your health.
- How to seek and evaluate independent medicine information.
- Specific information about managing type 2 diabetes, chronic pain or hypertension (based on audience needs).

* Before commencing this session you must first attend the *Quality use of medicines* session.