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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

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FOR IMMEDIATE RELEASE

December 21, 2009

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MANAGING RISING PRESCRIPTION COSTS

(Sedgwick County, Kan.) – Three-fourths of Americans over age 45 take an average of four medications per day¹. By 2010, the average older adult is expected to pay \$2,810 per year on prescription drugs, an increase of 133 percent from the year 2000².

Sedgwick County Department on Aging and Central Plains Area Agency on Aging (SCDOA and CPAAA) are launching an effort to assist older adults and their caregivers in making smart, economical health care decisions. The “Home for the Holidays” medicine management campaign is designed to reach families over the holiday season at a time when they can meet to discuss the issue, evaluate the current situation, and implement a management plan that will help older adults make better health care decisions to start off the new year.

“Family gatherings during the holidays are a great time to inquire about the well-being of older loved ones, friends and neighbors, including medication management and costs,” stated Annette Graham, Executive Director of SCDOA and CPAAA.

¹ http://www.aarp.org/health/conditions/articles/meds_and_you_intro.html

² <http://www.familiesusa.org/assets/pdfs/drugodd0fd.pdf>

SCDOA and CPAAA are trusted resources for families and seniors interested in service options or assistance with prescription drug management. Assistance with Medicare Part D searches, Medicare Savings Programs, cost-saving tips and educational presentations on medication management are available.

Prescription drug management tips:

- Talk to your doctor about options and alternatives to prescription drugs
- Ask if there's a generic option
- Compare pharmacies for the best price
- Create a medicine record to keep track of multiple prescriptions

Sedgwick County Department on Aging and Central Plains Area Agency on Aging is available to assist caregivers and seniors through life's transitions with various levels of support. For more information about programs that can help you or a loved one, call 660-5120 or 800-367-7298 or visit us online at www.sedgwickcounty.org.

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