

**Ontario Association of Residents' Councils Webinar Series**  
**June 2025 Session: Your Medications, Your Choice: Making Informed**  
**Decisions About Medications in Long-Term Care**  
Post Session Handout for Participants

**Key Points:**

1. Medications should fit with “what matters most” to you.
2. As you get older, medications can start affecting you differently.
  - It is a good idea to review them regularly, reducing medications no longer needed or are causing more harm than good.
3. Safe medication management is a team effort.
  - Decisions are a shared agreement between you and your care team.
4. Ask your care team about medication reviews and how you can be involved.
  - Tools are available to help you feel prepared.

**Key Links:**

- deprescribing.org Website: <https://deprescribing.org/>
- Deprescribing in Ontario Long-Term Care Resources: <https://deprescribing.org/resources/deprescribing-in-ltc-framework/>
- Shared Decision-Making in Medication Management Cue Card: [https://deprescribing.org/wp-content/uploads/2021/07/SDM-in-Medication-Management-Cue-Card\\_V5.pdf](https://deprescribing.org/wp-content/uploads/2021/07/SDM-in-Medication-Management-Cue-Card_V5.pdf)
- Fillable Medication Record and Experience Form: <https://deprescribing.org/wp->

[content/uploads/2021/07/Medication-record-v3.0-fillable-last-updated-March-30-2021.pdf](https://deprescribing.org/wp-content/uploads/2021/07/Medication-record-v3.0-fillable-last-updated-March-30-2021.pdf)

- Roles of the LTC team in medications:  
<https://deprescribing.org/wp-content/uploads/2024/02/Ver-3.1-Getting-Involved-in-Medication-Decisions-with-Logos-Acknowledgement-Feb-2024.pdf>
- Spotting Medication Side Effects: <https://deprescribing.org/wp-content/uploads/2021/07/Identifying-People-for-medication-assessment-Infographic-V13.pdf>
- deprescribing.org Patient Information Pamphlets & Infographics:  
<https://deprescribing.org/resources/deprescribing-information-pamphlets/>

#### **Additional Resources:**

- 5 Questions to Ask About Your Medications <https://www.ismp-canada.org/medrec/5questions.htm>
- 5 Questions to Ask About Your Medications Video:  
<https://www.youtube.com/watch?v=BJI1ToB-Dv8>
- Medline Plus [www.medlineplus.gov](http://www.medlineplus.gov)
- Health Connect Ontario (Health811) (“811” or Toll-free: 1-866-797-0007)
- [Shared Decision-Making Checklist](https://www.fairhealthconsumer.org/download/shared-decision-making/Shared-Decision-making-toolkit-for-caregivers.pdf), created by FAIR Health:  
<https://www.fairhealthconsumer.org/download/shared-decision-making/Shared-Decision-making-toolkit-for-caregivers.pdf>