

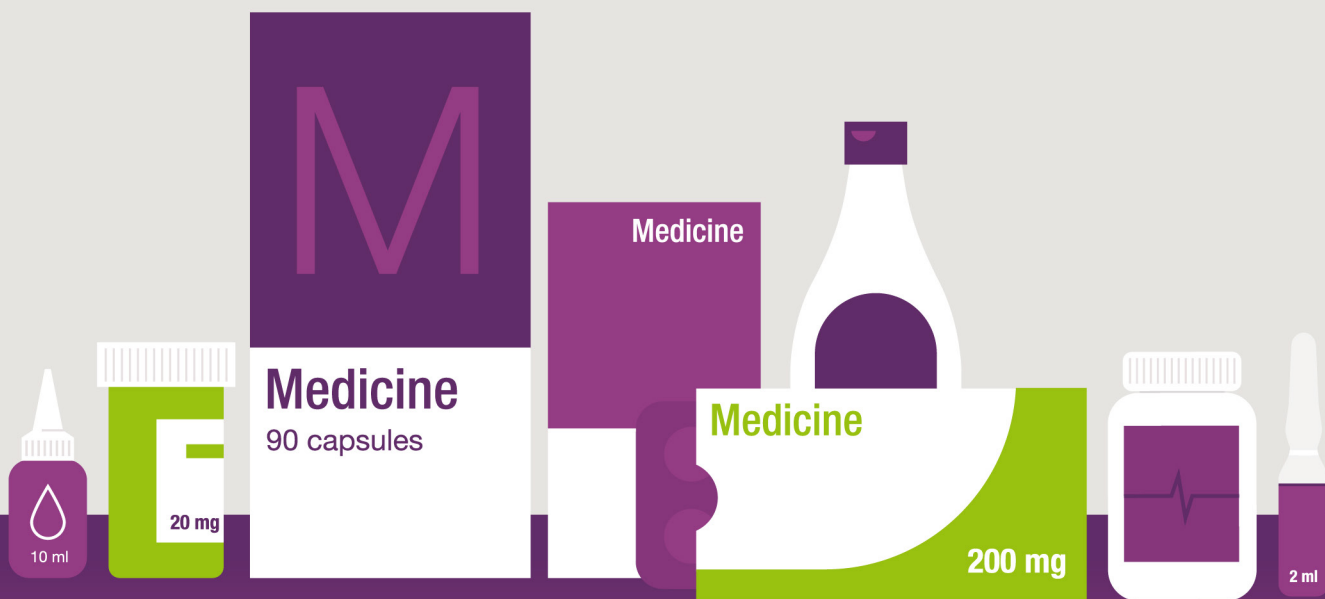


**NDIS Quality
and Safeguards
Commission**

Polypharmacy

What you need to know

Easy Read fact sheet



How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

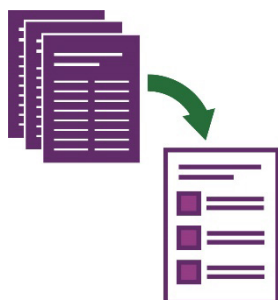
We use pictures to explain some ideas.

Bold
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read fact sheet is a summary of some information in a video.

This means it only includes the most important information.



You can find the videos on our website.

www.ndiscommission.gov.au/workerresources



You can ask for help to read this fact sheet.

A friend, family member or support person may be able to help you.

What is polypharmacy?



Polypharmacy is when you take more than one medicine at the same time.

This includes medicine:



- your doctor says you should take

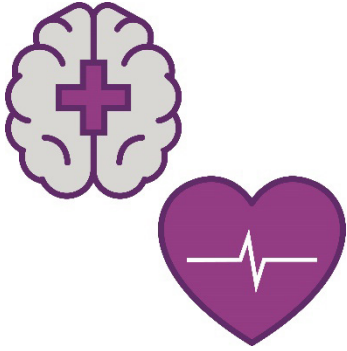


- you get from a pharmacy.



People with disability might need:

- more than one medicine
- for one or more health problems.



For example, you might need medicine for:

- your mental health
- and
- your heart.



Polypharmacy is more common for people with disability than other people.



This includes **psychotropic polypharmacy**.

Psychotropic polypharmacy is when you take more than one **psychotropic medicine**.



Psychotropic medicine affects how you:

- think
- feel
- act.

Side effects



If you take more than one medicine, you are more likely to have **side effects** from your medicines.



A side effect is something that sometimes happens after you take medicine.

Some common side effects from taking more than one medicine include:



- feeling tired



- having problems with your memory



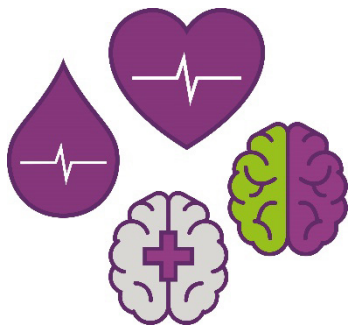
- a sore stomach



- gaining weight.



Even though there might be some risks when you take more than one medicine, it might be the best thing for you.



This includes if you have more than one health problem.



You should have your medicine checked from time to time to:

- make sure it still helps you
- you don't have side effects.



If you take more than one medicine, it's a good idea to talk to your doctor every 3 to 6 months.

You can ask your doctor:



- if you still need to take your medicines
- how your medicines help you
- if your medicines cause side effects
- if anything needs to change.



Your doctor might think it's also a good idea for you to talk to a pharmacist.

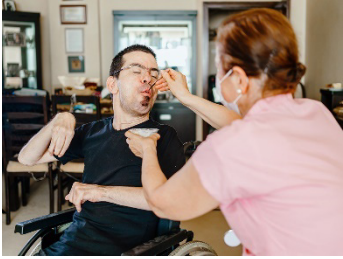


The pharmacist can check your medicines.



The people that support you can help you keep a list of your medicines.

People who support you can be:



- NDIS workers



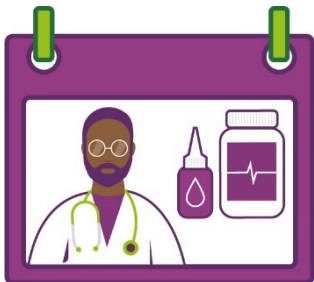
- health care workers



- family members or friends



- other supports and services.



They can also help you make an appointment to talk to your doctor about your medicines.

More information for you

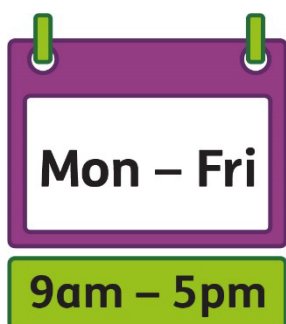


If you want more information about polypharmacy, you can go to our website.



www.ndiscommission.gov.au/workerresources

Contact us



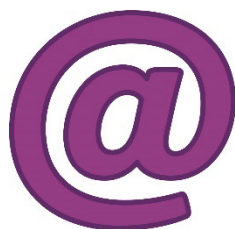
You can call us from 9am to 5pm,
Monday to Friday.



If you live in the Northern Territory, you can
call us from 9am to 4.30pm.



1800 035 544



You can send us an email.

contactcentre@ndiscommission.gov.au



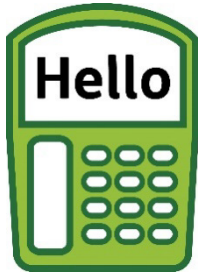
You can write to us.

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Penrith
NSW 2750



You can go to our website.

www.ndiscommission.gov.au



TTY

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