
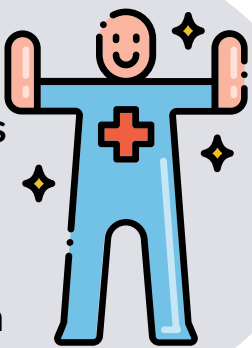


1 in 5 people



took 10 or more medications 

There are medications which are important to take for your health



But taking too many medications can also make you:

Have constipation



More Sleepy



Have less energy



More likely to fall



People over the age of

65

took the most medications



Older people often have more health problems and need more medication

The most common types of medications people in this study take help with:



Mental Health

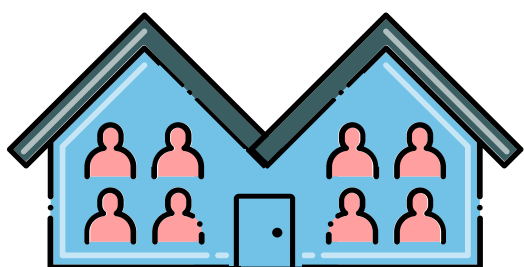


Epilepsy



Constipation

These were some of the most common health problems in our study



People who live in Residential Care take the most medications

1 in 3 people



in residential care took 10 or more medications



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



The Intellectual Disability Supplement to
The Irish Longitudinal Study on Ageing
(IDS-TILDA)

Trinity Centre
for Ageing and
Intellectual Disability