What elders and families can do:

- Understand the risk factors for misuse of painkillers: improper use, depression, anxiety, and generational trauma
- Talk with the elders under your care about the risks and dangers of prescription painkillers, especially opioids (or narcotics)
- Let elders know that you stand by them and offer support
- Respect our elders and their medications - it is illegal to share or steal prescriptions
- Store any of your prescription painkillers and other medications in a locked storage box, drawer, or cabinet to limit access
- Do not keep unused or unwanted prescriptions; dispose of them at a permanent drug drop box or at a Drug Take Back event
- Watch for signs of misuse
- Visit DoseOfReality.Texas.gov for more information and links to resources