**INTRODUCTION**

- Instrumental activities of daily living (IADLs) encompass the performance of complex, multi-faceted activities individuals engage in daily such as managing medications
- It is estimated that 50% of community-dwelling older adults have difficulty adhering to their medication routine (Pasina et al., 2014)
- The ability to complete IADLs such as medication management allows individuals to maintain independence
- As cognitive abilities decline with age, individuals often begin to use compensatory strategies to assist in managing their medications
- Little is currently known about the accuracy of self-reported use of compensatory strategies for medication management

**Research Questions:**

How accurate are community-dwelling older adults in self-reporting their compensatory strategy use when it comes to medication management?

**DISCUSSION**

- As represented by strong associations, community-dwelling older adults appear to be mostly consistent in their reports of compensatory strategy use when compared with their task-based performance, with the exception of keeping medication in a visible location
- Community-dwelling older adults also appear to be more reliable than informants when reporting use of some compensatory strategies, including pill box and the use of notes or alarms
- As the task-based assessment involved the participant walking the research assistant through their routine (there was no way to know if this routine was actually followed), the assessment could represent an additional form of self-report explaining its greater consistency with self- compared to informant-report of compensatory strategy use
- Alternately, some of the informants did not live with the participants, which may have limited their observation of compensatory strategy use
- The lower accuracy for reports of keeping medications in a “visible location” may be due to a lack of a clear operational definition of what this means

**METHODS**

**Participants**

- Community dwelling older adults
- Ages ranged from 54 through 90; M age = 73 ± 9.6 years
- 36 female and 11 male
- 49% of the sample (N = 22) had a knowledgeable informant complete a compensatory strategy questionnaire

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**Evaluation of compensatory strategies**

- Five common compensatory strategies used to manage medication that were evaluated in the current study:
  - The use of a pill box to organize medication
  - The use of notes or alarms to remember to take medication
  - Using routine to remember to take medication
  - Keeping medications in a visible location to help as a reminder to take them
  - Having a strategy to assist with knowing when medication has been taken

**RESULTS**

- Future studies could employ the use of real-time tracking technology (sensors, Estimote stickers) to identify the participant’s true medication routine
- We can use this information to identify how participants true routine relates to their intended routine seen in video observation, their self-report, and their knowledgeable informant report (if available)
- This would move us closer to being able to capture complex constructs such as medication adherence
- Future studies could evaluate variables that may be associated with the use of compensatory strategies, such as self-awareness

**REFERENCES**