

## What will I learn from “Brand name or generic medicine? – choosing wisely” information sessions?

- A generic medicine has the same active ingredient as the original brand of medicine
- To get to know your medicine choices
- There are many generic medicines available – so you may often be asked to make a choice
- In Australia all prescription medicines, including generic medicines, have to meet the same stringent Government quality standards
- To talk openly to your doctor or pharmacist about generic medicines

### Did you know?

- A generic medicine has the same active ingredient as the original brand of medicine.
- In Australia, all prescription medicines, including generic medicines, have to meet the same Government quality standards.
- Medicines may be marketed under a brand name or their generic name. For example, Simvar, Simvastatin-DP and Terry White Chemists Simvastatin are all brands of the medicine simvastatin.

## How do I organise a session booking?

### For clubs, community organisations, special interest and other groups:

Call us or fill out the booking form on the reverse of this page and we can organise a session at a time and a place convenient to you.

### For individuals:

Call us to find out about the nearest session times and dates convenient for you.

Our contact details are on the back of this brochure.



# Get to know your medicines

Brand name or generic medicine?  
– choosing wisely  
*free information sessions*



*the voice of older Australians*

### COTA (Tas)

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For more information about medicines go to  
[www.nps.org.au](http://www.nps.org.au)

*Free information sessions to help  
you get to know your medicines*



National Prescribing Service Limited

## Free information sessions from Council on the Ageing (COTA) organisations and National Prescribing Service Limited (NPS)

Our free information sessions cover a range of topics. This latest 'Brand name or generic medicine – choosing wisely' complements introductory sessions about Quality Use of Medicines.

### About NPS and COTA organisations



National Prescribing Service Limited

National Prescribing Service Limited (NPS) is an independent, non-profit organisation for Quality Use of Medicines. We provide accurate, balanced, evidence-based information and services to help people choose if, when and how to use medicines to improve their health and well-being. NPS is funded by the Australian Government Department of Health and Ageing.

To find out more go to **Web: [www.nps.org.au](http://www.nps.org.au)**  
**Email: [info@nps.org.au](mailto:info@nps.org.au)**



The COTA organisations have a pre-eminent role in representing, advocating and responding to the needs and interests of seniors throughout Australia. COTA organisations are in each state and territory in Australia.

## Why is learning about medicines important?

More than 70% of Australians use medicines at any one time and around 140,000 visits to hospitals each year are medicines related, many due to a lack of information about the Quality Use of Medicines (QUM).

QUM means selecting management options wisely, choosing suitable medicines if a medicine is considered necessary, and using medicines safely and effectively.

Medicines include those available on prescription, medicines available over the counter, many traditional medicines and herbal remedies.

## Why do COTA organisations and NPS work together?

NPS and COTA organisations work in partnership combining Quality Use of medicines expertise with an understanding of the needs and interests of seniors in Australia. NPS develops training materials and COTA organisations recruit and train Peer Educators to deliver sessions with the community.

## What happens at the sessions?

A trained Peer Educator will lead participants through information about medicines, using interactive activities and encouraging feedback and questions.

Participants receive handouts to take home to assist them in managing their medicines and talking with their pharmacist and doctor.

## How long are the sessions?

The sessions last for up to one hour.

## To book a group session

Fill in and fax OR post this booking form

### Your organisation's details

Contact Person: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

### Your preferred session details

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Time: \_\_\_\_\_

Fax: 03 6228 0481

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