

# Enablers and Barriers to Deprescribing in Older Adults

This qualitative study explored the perspectives of older adults taking  $\geq 5$  medications regarding proactive dprescribing.

Patients’ attitudes toward deprescribing varied according to:



**Medication valuation**  
negative vs positive

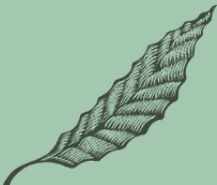


**Decision making**  
passive vs proactive



**Openness**  
cautious vs open

## 5 Distinct Patient Types

	Indifferent	Satisfied & risk-averse	Compliant	Fearful but passive	Proactive
Medication valuation	Indifferent	Positive	Positive	Negative	Negative
Decision making preference				Passive	Proactive
Openness to deprescribing		Cautious	Open		

*Source:* [Ie K, Machino R, Albert SM, et al. Proactive deprescribing among older adults with polypharmacy: barriers and enablers. \*Ann Fam Med\*. 2025;23:10.1370/afm.240363](#)