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7 Tips for Managing Your Medications

Taking medicine is a way of life for those with disabilities. It is remarkable how many of my clients take a dozen medications or more. I sat down with pharmacist **Nonnie Unkow** of **CVS** in Turnersville and learned these tips for effectively managing multiple medications.

1 BE ORGANIZED. Keep your medications all in one place.

2 KNOW WHAT YOU ARE TAKING and why. Write on the bottle the reason for the medication.

3 MAKE A LIST of your meds, including the doses, and carry it in your wallet. Keep the list up to date; note changes in doses and cross out those you no longer use.

4 FILL ALL PRESCRIPTIONS at one pharmacy. Let the pharmacist

know what over-the-counter remedies you're taking, including supplements. Your pharmacy can screen for interactions.

5 IF COST IS AN ISSUE, look into 90-day supplies or drug manufacturer discounts. Switch to a generic if your physician agrees as some are not as effective or may cause side effects.

6 DO NOT CUT PILLS in half to “stretch” the supply. This can be harmful to your health. Take as directed and ask your doctor if you can be switched to a less expensive alternative.

7 PURCHASE MEDS from a reliable source. Buying on the Internet may not be safe. Regulations of foreign countries may not be as strict as in the U.S., and the quality may be inferior. ❁

MOM, continued

I obtained an opinion from her primary care physician as to Megan's limitations in sitting, standing, walking, and lifting. The doctor also said that frequent unscheduled breaks were necessary and side effects of medication include fatigue and foggiess of mind.

We collected statements from family and friends. Megan's mother described how she helps her daughter with childcare, laundry and shopping, and how difficult it is watching Megan “living like a shut-in.” “How many young women do you see routinely going to bed at 7 p.m.?” her mother-in-law asked.

We appeared for a hearing before an Administrative Law Judge. After just several minutes of testimony the judge found Megan to be disabled as of the time she stopped working.

From the Editor

I invite you to view my newly created Social Security Disability video library on my website, www.njdisabilitylaw.com. I've put together a collection of answers to the questions most frequently asked by clients. Learn the difference between Social Security Disability and SSI. What is a hearing like? Why do drug addicts and alcoholics get Social Security? Please give me your feedback and suggestions for other questions you'd like to see answered in the future. *C.L.B.*

Disability Dispatch is published by the **Law Office of Cathy L. Brackin**. It is not intended to give legal advice. You should consult an attorney for advice regarding your individual situation.

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