Hadley

Medications

Presented by Ed Haines

Ed Haines: Try out these simple tips for managing medications based on the five rights: right person, right medication, right dose, right time and right storage. Soon you'll be organizing and taking your pills more confidently.

First, it's often the case that you and another person in your household are taking meds. You don't want to grab someone else's pill box or bottle. It's valuable to know you actually have multiple ways at your fingertips to make sure the right pill goes to the right person. Your pillbox may look just like someone else's, so put a mark on it you can see or feel to quickly identify it every time. A tactile mark is simply one you can easily feel. It can be a rubber band, bumped dots, puff paint, or even a scratch or a dent. If you have low vision, a sticker in a color that stands out or a label with your large initials might do the trick. Ed Haines: Now that you’ve had a chance to learn a bit with us, we’d like to learn more about you; your name, email address, how you heard about Hadley and your relationship to vision loss.

Ed Haines: Learning more will give us a better understanding of how to personalize Hadley just for you. And don’t worry, everything you share with us online will be kept safe and secure. Of course, if you’d prefer to talk through these questions, we’re just a phone call away at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus it connects you to the Hadley community, and helps sustain our funding to keep Hadley free of charge.

And last but not least, it gives you direct access to experts, like me. Now, where were we?