



## GRANDPARENTS RAISING AND NURTURING DEPENDENTS WITH DISABILITIES



VOLUME 9/ISSUE 8

### MARCH SUPPORT GROUP

**Plan to attend:  
Tuesday, March 15th  
10:00 am to 12:00 pm**

**Helene Mills Senior  
Multipurpose Center  
Activities Room  
515 John Wesley Dobbs Ave  
Atlanta GA 30312**

**We will share support for  
each other in the joys and  
challenges of raising  
grandchildren. We will also  
share resources for summer  
camps available for children  
with and without special  
needs. We hope to see you on  
March 15<sup>th</sup>!**

#### **Bus Route to Helene Mills:**

From 5 POINTS STATION, take #113  
Auburn Ave. (get off at the Center) or  
King Memorial #99 /North Avenue  
Station

#### **By Car from I-20 W**

- 1) Take the Boulevard exit
- 2) Right onto Boulevard
- 3) Right onto John Wesley Dobbs  
Avenue
- 4) The Helene Mills Center will  
be the second building on the right

**Upcoming Support  
Group Meetings:  
April 19, 2016  
May 17, 2016**

### **February was a great month!**

We had 10 grandparents attend Disability Day on the Capitol  
on February 18<sup>th</sup> and 10 grandparents joined 80 other  
grandparents for Kinship Day on the Capitol on February 25<sup>th</sup>.

Everyone had fun learning about advocacy and several got to  
speak to their legislators from the House and the Senate. We  
heard updates about the Kinship Care bills that are currently in  
the House being voted on. For more information about all of  
the bills proposed related to Kinship Care go to  
[www.kinshipcarega.com](http://www.kinshipcarega.com) or contact Laura at 404-310-8129 for a  
paper copy to be mailed to you.



*Left: Disability  
Day on the  
Capitol*

*Below: Kinship  
Day at the  
Capitol*





**The month of March is:**  
**Brain Injury Awareness Month**  
**National Developmental Disabilities Awareness Month**  
**Multiple Sclerosis Awareness Month**  
**National Cerebral Palsy Awareness Month**  
**National Trisomy Awareness Month**

## HEALTH CORNER

### 8 Tips to Sticking to Your Medication Routine

Sticking to your medication routine (or medication adherence) means taking your medications as prescribed – the right dose, at the right time, in the right way and frequency. Why is doing these things important? **Simply put, not taking your medicine as prescribed by a doctor or instructed by a pharmacist could lead to your disease getting worse, hospitalization, even death.**



### The High Cost of Not Taking Your Medicines as Prescribed

The Centers for Disease Control and Prevention (CDC) estimates that non-adherence causes 30 to 50 percent of chronic disease treatment failures and 125,000 deaths per year in this country. Twenty five to 50 percent of patients being treated with statins (cholesterol lowering medications) who stop their therapy within one year have up to a 25 percent increased risk for dying.

### Statistically speaking: The problem of not taking medicine as prescribed

- 20 to 30 percent of new prescriptions are never filled at the pharmacy.
- Medication is not taken as prescribed 50 percent of the time.
- For patients prescribed medications for chronic diseases, after six months, the majority take less medication than prescribed or stop the medication altogether.
- Only 51 percent of patients taking medications for high blood pressure continue taking their medication during their long-term treatment.

Source: Centers for Disease Control and Prevention (CDC)

### Why Some Don't Take Medications as Prescribed

Many patients do not follow health-care provider instructions on how to take medications for various reasons. Such as, not understanding the directions, forgetfulness, multiple medications with different regimens, unpleasant side effects or the medication doesn't seem to be working. Cost can also be a factor causing medication non-adherence -- patients can't afford to fill their prescriptions or decide to take less than the prescribed dose to make the prescription last longer. "However, to help you get the best results from your medications taking your medicine as instructed is very important," says Kimberly DeFronzo, R.Ph., M.S., M.B.A., a Consumer Safety Officer in FDA's Center for Drug Evaluation and Research.

### Tips to Help You Take Your Medicine

Taking your medicine as prescribed or medication adherence is important for controlling chronic conditions, treating temporary conditions, and overall long-term health and well-being. A personal connection with your health-care provider or pharmacist is an important part of medication adherence. "Because your pharmacist is an expert in medications, they can help suggest how best to take your medications," says DeFronzo. However, you play the most important part by taking all of your medications as directed.

## Here are 8 tips that may help:

- Take your medication at the same time every day.
- Tie taking your medications with a daily routine like brushing your teeth or getting ready for bed. Before choosing mealtime for your routine, check if your medication should be taken on a full or empty stomach.
- Keep a “medicine calendar” with your pill bottles and note each time you take a dose.
- Use a pill container. Some types have sections for multiple doses at different times, such as morning, lunch, evening, and night.
- When using a pill container, refill it at the same time each week. For example, every Sunday morning after breakfast.
- Purchase timer caps for your pill bottles and set them to go off when your next dose is due. Some pill boxes also have timer functions.
- When travelling, be certain to bring enough of your medication, plus a few days extra, in case your return is delayed.
- If you’re flying, keep your medication in your carry-on bag to avoid lost luggage. Temperatures inside the cargo hold could damage your medication.

Here are two very useful FDA websites with more tips and tools to help you take your medication as prescribed: [“Are You Taking Your Medication as Prescribed?”](#) and [“Updates and Information for Consumers.”](#)

If you have questions about your medication, don’t be shy -- ask your health-care provider or pharmacist and don’t delay. Remember, the life you save may be your own!

Article reprinted from [www.fda.gov/drugs/resourcesforyou](http://www.fda.gov/drugs/resourcesforyou) (Food and Drug Administration website)

## Project GRANDD Directory



We are working on putting together a telephone and email directory for our Project GRANDD members. Please let Laura know if you want to be included but can’t make the monthly support group meeting to sign up.

Also, if you want to be taken off the monthly call list or newsletter list please let Laura know.

## Don’t Forget!

Daylight Savings Time ends on March 13<sup>th</sup> at 2:00am. Set your clock forward one hour before you go to bed on March 13<sup>th</sup>.



### Contact Us

#### ISDD OFFICE

750 Hammond Drive, Bldg. 1,  
Suite 100

Atlanta, GA 30328

404-303-5126 office

404-600-3332 Rainie Jueschke, ED  
404-310-8129 Laura Wells cell

[Lmwells2009@gmail.com](mailto:Lmwells2009@gmail.com)

[isdd-home@gmail.com](mailto:isdd-home@gmail.com)

## RESOURCE CORNER

### **Access to Crisis Services--GCAL**

If one of your grandchildren or another family member (adult or child) experiences a mental health emergency, you can call the **Georgia Crisis and Access Line (GCAL)** 24 hours a day at 1-800-715-4225. You can also use this line to find a State Funded mental health provider in your area in a non-emergency.

**Georgia's Kinship Navigator Program**—The Georgia Division of Family and Children Services has launched the Kinship Navigator Program as a one stop shop for information and referral services to grandparents and other relatives who are raising children. The Navigator program is especially helpful for accessing funding and resources available through DFCS such as TANF, Food Stamps, Child Care (CAPS) and Medicaid. For more information contact Donetta Norris, Program Manager, at 404-623-0880 or [Donetta.GrimesNorris@dhs.ga.gov](mailto:Donetta.GrimesNorris@dhs.ga.gov).  
<https://dhs.georgia.gov/kinship-navigator-program>

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### **PROJECT GRANDD**

A program of Innovative Solutions  
for Disadvantage & Disability

750 Hammond Drive  
Building 1, Suite 100  
Atlanta, GA 30328