



OUR PHILOSOPHY

The provision of support services is based on the following beliefs:

- ◆ Each individual is a unique adult and is deserving of respect and dignity.
- ◆ Support should be flexible, individualized and reflective of the participants' choices, abilities and existing support services.
- ◆ Choice often involves some elements of risk. Where possible, individuals will be permitted to experience the result of their choices to the extent that they are able.
- ◆ Independence is a dynamic process of accessing people and services as challenges and successes change.

We rigorously promote the rights of the individual and promote recognition of acquired brain injury and how it affects individuals and families through ongoing advocacy and public education.

VISION STATEMENT

To lead in the field of acquired brain injury rehabilitation, providing advocacy for successful re-entry into the community.



CONTACT INFORMATION

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ACCESSIBLE FORMATS & COMMUNICATION SUPPORTS

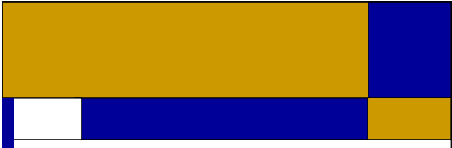
Special accessibility accommodations and materials in alternate formats can be arranged by contacting Brain Injury Community Re-entry (Niagara) Inc. at 905-687-6788 ext. 663 or www.bicr.org.

Disclaimer:

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The views expressed in this publication are the views of Brain Injury Community Re-Entry (Niagara) Inc. and do not necessarily reflect those of the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) or the government of Ontario.

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BRAIN INJURY COMMUNITY RE-ENTRY (NIAGARA) INC.



Your Guide to Medication Education

MEDICATION NOTES

It is very important to understand your medications and to follow the prescription as it is written on the bottle or on the blister pack. You should not make changes to how much or when you take your medications without consulting your pharmacist or your doctor. Never stop taking a medication without consulting your doctor.

Be aware that some medications need to be taken with or without food in order to be effective.

Be aware that some medications should not be taken with alcohol.

Whenever you have questions you can call your pharmacist and if it is after hours you can always contact Telehealth Ontario 1-866-797-0000.

TELEHEALTH ONTARIO
1-866-797-0000

DO YOU KNOW THE ANSWER TO THE FOLLOWING QUESTIONS?

- ◆ Do you know what medications you are currently taking and the doses?
- ◆ If memory problems make this difficult - do you carry a list of medications in your wallet in case of an emergency?
- ◆ Do you know why you are taking each medication?
- ◆ Do you know the times to take each of your medication?
- ◆ Are you aware of and looking for side effects from your medications?

If you have questions or if you take many different medications it may be a good idea to book a medication review with your pharmacist. They will sit down with you and review your current medication list and the reasons you are taking them. They will also alert you if they think that any of your combinations of medications are of concern and may ask you to consult with your doctor.

When you receive your medications you should also receive a Health Watch print-out that explains how to take the medication - what it is for and side effects to be aware of. It is important to take the time to read and understand this information.

