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When Medication Costs Too Much: Prescription Assistance

When the pharmacy hands you a bill that is too much, what can you do? There is prescription cost assistance available but [you need to know where to look.](#)

App Roundup: Helpful Suggestions for 2019

Can using apps on your smartphone or tablet help your executive function skills? Many people have found various apps to be useful for organizing, remembering, and managing time or money, all tasks supported by executive function.



We checked out apps that could be helpful for you.



Ask the Expert

Disclosure and Workplace Accommodations for Individuals with ADHD

Featuring Melanie Whetzel, MA, CBIS
Tuesday, February 5, 2 p.m. ET

[Register Now](#)

Should you tell your employer or supervisor that you have ADHD?

Many people face this workplace question, especially when there is a need for accommodations. Our webinar will provide information about disclosing ADHD in the workplace, the various limitations associated with the disorder, and the accommodations you can request. JAN consultant Melanie Whetzel will share real-life accommodation situations and solutions.

Melanie Whetzel, MA, CBIS, is a lead consultant at the Job Accommodation Network with the Cognitive/Neurological Team. She specializes in the areas of brain injury, learning disabilities, autism, ADHD, and mental health impairments.

ADHD *in the News*

- Five Ways to Help Children with ADHD Develop Their Strengths
- Genetic risk for ADHD manifest in brain structure in childhood
- Dyscalculia: 'maths dyslexia' or why so many children struggle with numbers
- The Difference Between Being Impatient and Impulsive
- Ant McPartlin opens up on battle with ADHD and offers comforting words to other sufferers: 'It's OK to not be OK'

Read these and other articles in the [ADHD in the News weekly digest](#).

ADHD Moment

Do you have glue remover? Join our friends at [TotallyADD](#) for this ADHD Moment as Rick attempts to fix a chair.



ADHD Moment

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