

Managing Daily Activities & Taking Anti-Seizure Medicine

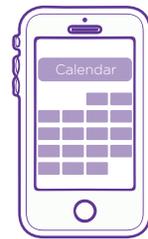


Managing life and epilepsy at the same time is hard for many people. Taking anti-seizure medicine every day, for example, can be difficult because it can get in the way of the things you want to do. For this reason, finding ways to balance epilepsy care, self care, and life in general is important to live a healthy and full life.

Tips for Making Daily Activities & Taking Anti-Seizure Medicine Easier

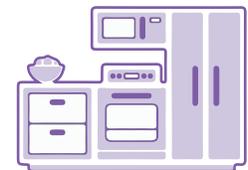
Plan Ahead!

- It can be hard to find time to take your medicine when you don't plan ahead.
- Plan when you will take your medicine. Always follow your doctor's advice on when and how to take your medicine. If you are having trouble taking your medicine tell your doctor right away.
- If there is anything that may make it harder to take your medicine, think about a way to fix it!



Make Your Anti-Seizure Medicine Easy to Get to

- Put your medicine in a place that makes it easy for you to get to when it is time to take it. At home, consider spots where it will be safe and still be easy for you to see and take (kitchen counter, bathroom shelf).
- If you have to take medicine on-the-go, consider using a special keychain or pillbox that is easy to bring with you.
- Try to make taking medicine part of a routine, something you do at the same time everyday. Some examples would be taking your medicine when you do things like brushing your teeth or going to bed.



Ask for Support From Friends and Family

- Family and friends can help support you as you work to control your seizures and manage your epilepsy.
- It is okay to ask family and friends for help to:
 - Pick up your medicine at the pharmacy.
 - Feel better about taking your medicine in front of others.
 - Remind you to take your medicine when you are busy.



Ask Your Doctor or Nurse for Help With

- Fitting your medicine into your normal activities.
- Making your medicine schedule easier.
- Changing when you take your medicine to fit your school, work or life schedule.



THE EPILEPSY FOUNDATION IS A SUSTAINING PARTNER OF THE EPILEPSY LEARNING HEALTHCARE SYSTEM (ELHS)

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