

# Tools for Managing Seizures



For most people, seizures and epilepsy are chronic problems. Medicines can control seizures for many people, but it takes work. You need to do things like remembering to take your medicine, tracking your seizures, and finding out what triggers your seizures. And if medicine doesn't work, it may take even more work to find other ways to manage your seizures.

Managing your epilepsy, *also called self-management*, includes everything you and your family or supports do to control your seizures, manage how epilepsy affects your daily life, and live life to your fullest potential. It doesn't mean you manage epilepsy by yourself. **It does** mean you work together with your health care team, family, and other supports. Here are some programs to help.

## Epilepsy Foundation website

Epilepsy.com is the most comprehensive national resource for anyone who seeks to better understand a medical condition that affects 3.4 million people in the United States.

**Learn:** Whether you have just been told you have seizures or whether you want to learn more to better understand your epilepsy, find basic and in-depth information that meets your needs.

**Living with Epilepsy:** Find training, tools, online resources, local services, and more that will help you take charge of your health, care, safety, wellness, and life.

**Make a Difference:** Getting involved and giving back to the epilepsy community can be a powerful way to improve your life. Find ways to get involved in the fight to find new therapies and a cure and to raise awareness about epilepsy and seizures.

**Connect:** Connect with others who are living with seizures and epilepsy.

**Visit [epilepsy.com](http://epilepsy.com)**

**[Learn.epilepsy.com](http://Learn.epilepsy.com)** is your one-stop shop to access the Epilepsy Foundation's online and on-demand trainings about epilepsy and seizures.

**Medications** is the place to learn about the different medications available that can help prevent or stop seizures. [epilepsy.com/medications](http://epilepsy.com/medications)

**SUDEP** is the sudden, unexpected death of someone with epilepsy, who was otherwise healthy. People who continue to have seizures are at greater risk of a number of complications, which is why preventing seizures and other problems is so important. Learn about SUDEP at [epilepsy.com/sudep](http://epilepsy.com/sudep).



**Triggers** can sometimes lead to seizures. Keeping track of any factors that may come before a seizure can help you recognize when a seizure may be coming. Learn about triggers at [epilepsy.com/triggers](https://epilepsy.com/triggers).

**Toolbox** is the place to find resources for managing your epilepsy and other needs, helping your loved one, and teaching others about epilepsy and seizures. [epilepsy.com/toolbox](https://epilepsy.com/toolbox)

## Managing Epilepsy Well Programs

**HOBSCOTCH** (Home Based Self-Management and Cognitive Training Changes Lives)

Delivered in person and by phone, HOBSCOTCH teaches people with epilepsy memory skills and uses problem-solving therapy to improve memory and attention

**PACES in Epilepsy** (Program for Active Consumer Engagement in Self-Management)

Delivered in person in a community setting or by phone, PACES improves self-management, confidence, depression, and quality of life in people with epilepsy.

**SMART** (Self-Management for People with Epilepsy and a History of Negative Health Events)

Starting with an in-person group session and continuing for 8 weeks using a teleconferencing or video conferencing program, SMART provides educational and behavioral interventions to enhance epilepsy self-management.

**TIME** (Targeted Self-Management for Epilepsy and Mental Illness)

Serving adults who have both epilepsy and a serious mental illness, TIME uses 12 weekly group sessions to provide education, behavioral modeling, and group support aimed at reducing depressive symptoms.

**Project UPLIFT for Epilepsy** (Using Practice and Learning to Increase Favorable Thoughts)

An 8-week program delivered over the phone, UPLIFT for Epilepsy uses cognitive behavioral and mindfulness therapies to reduce depressive symptoms and improve depression self-management.

Learn more at [epilepsy.com/mew](https://epilepsy.com/mew)

