



My Epilepsy Goals—What Are They?

You are the most important person in managing your epilepsy. Talk with your doctor to help you choose one or more goals you are ready to work on now.

Goal 1



Doctor Visits

- I will keep my doctor visits, even if I have not had seizures.
- I will keep track of my seizures and share my seizure calendar with my doctor.
- I will tell my parents and my doctor if seizures are getting in the way of my life.

Goal 2



Medicines

- I will take my epilepsy medicines as directed by my doctor.
- I will tell my parents and call my doctor if I have problems.
- I will not stop taking my medicine without first talking to my doctor and my parents.

Goal 3



Daily Life

- I will eat well and get enough sleep every night.
- I will ask my doctor what types of exercise and sports are good and safe for me.
- I will not drink too much caffeine (in coffee, soft drinks).
- I will not drink alcohol or take street drugs.

Goal 4



Asking for Help

- I will ask my family and friends for help when I need it.
- I will join a support group or chat line for teens with epilepsy.
- I will let my doctor know if I feel sad or blue.*

*People with epilepsy may feel down from time to time. If you feel very sad and hopeless most of the time, talk with your doctor. There is help for these feelings.

Goal 5



Seizure First Aid

- I will make sure my close friends and family know what to do if I have a seizure:
 - Keep calm (don't put anything in my mouth).
 - Make sure I am comfortable and safe from harm.
 - Call 911 if the seizure lasts longer than usual (talk with your doctor about when to call 911).

“My parents won't let me do anything.”

If you want your parents to let you do more, show them that you can manage epilepsy along with your other tasks. Ask your doctor for help. If your seizures are well controlled, it will help you take part in normal activities with your friends.