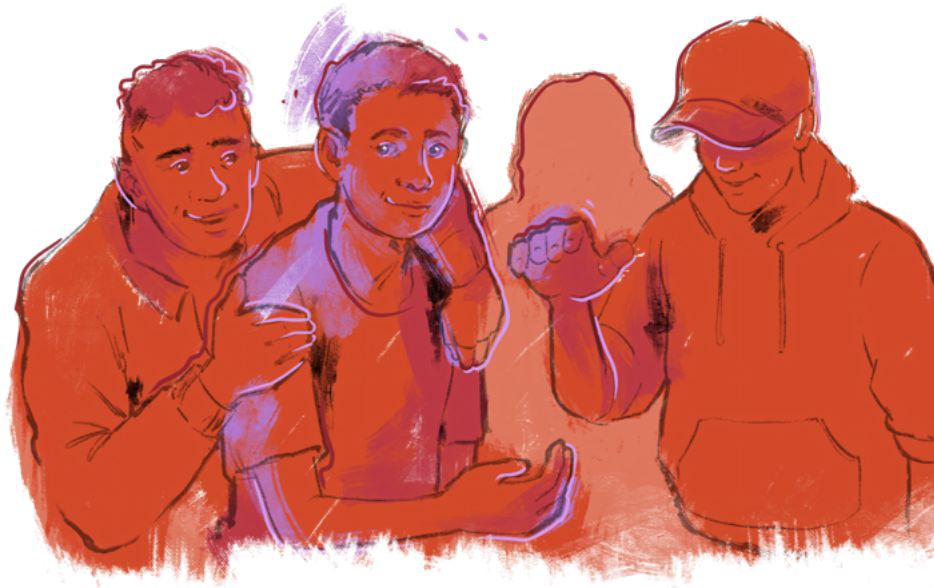


Seizure Risk to Seizure Reality: Strengthen your support system

This questionnaire is designed to work as a clickable PDF or a printout. By answering the following questions, you'll be encouraged to consider whether you're making the most out of your support network.



Do I have a seizure action plan?

Yes No

TIP: Seizure action plans can help those around you know essential information to support you when you have a seizure. They generally have information on first-aid care, emergency contacts, your treatment, and more. Plans should be updated every year if there are any changes in your condition/treatment.¹

Are my friends aware of any physical limitations I may have?

Yes No

TIP: If your friends ever suggest an activity that you have hesitations about, know that you can suggest an alternative plan or work together to find ways you all can participate.

Does my partner/significant other know what can trigger my seizures?

Yes No

And/Or

Does my close family know what can trigger my seizures?

Yes No

TIP: If you keep track of your seizure triggers in an app or journal, share them with your partner/close family so they can stay up to date.

Have I reached out for specific accommodations at school or work?

Yes No

TIP: You can ask your doctor for a note that outlines what extra support you may need at school/work.

Do I feel supported by my doctor?

Yes No

TIP: Check in with your doctor often to let them know how your treatment plan is going, and if you're experiencing new triggers or symptoms.

Do I prioritize my mental health?

Yes No

TIP: There are mental health professionals who specialize in counseling people with epilepsy.²

Do I have someone to talk to about my epilepsy?

Yes No

TIP: Managing epilepsy is not just about the physical symptoms. Having friends, a mentor, or a parent to talk to about your emotional well-being can make a big difference in your health overall.³

Do I practice boundaries with myself and/or others?

Yes No

TIP: Your boundaries might need to be adjusted as your treatment/condition changes. Make sure you're creating healthy habits that help you avoid your known triggers.

Any other comments

If you answered "NO" to any of these questions

It might be time to reach out to your doctor for advice.



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Visit [SeizureRisk.com](https://www.seizurerisk.com)

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2. Counseling. Epilepsy Foundation Central & South Texas. Accessed February 21, 2024. <https://efcst.org/help/counseling/> **3.** Whatley AD, Dilorio CK, Yeager K. Examining relationships of depressive symptoms, stigma, social support and regimen-specific support on quality of life in adult patients with epilepsy. *Health Ed Research.* 2010;25(4):575-584. doi:10.1093/her/cyq001.