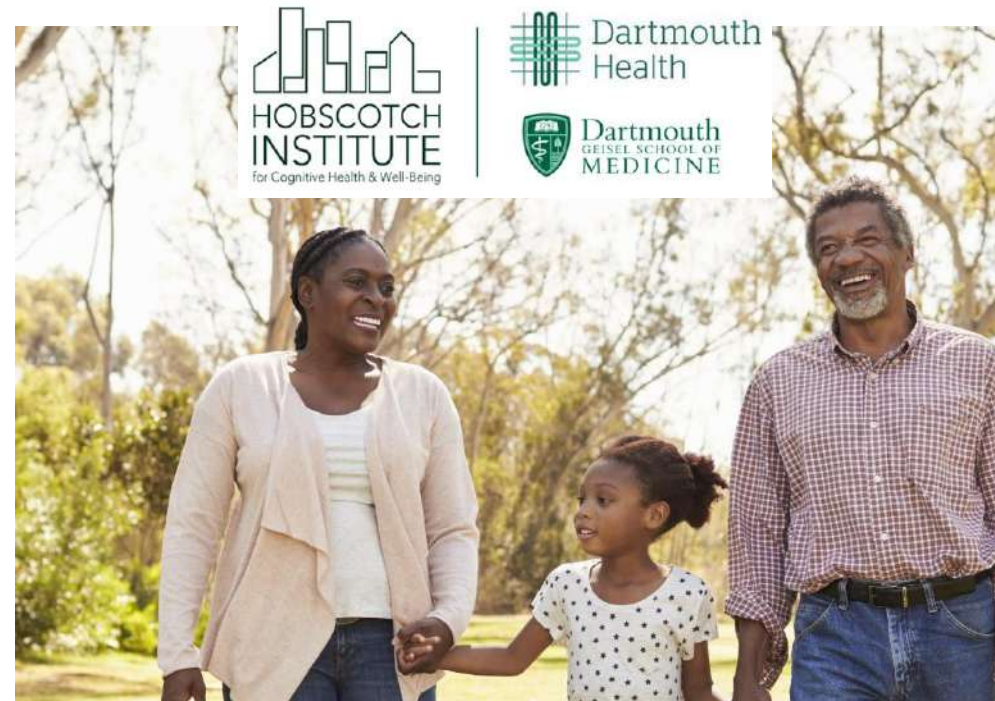


Program Structure

Each session lasts about 45-60 minutes



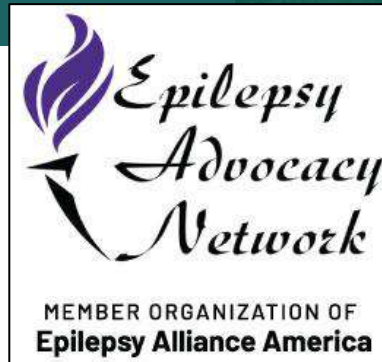
Contact Information:

Erica Fleck, RMA (AMT), NFCP
Vice President, Gov't Affairs, Public
Relations & Advocacy
Certified HOBSCOTCH Coach

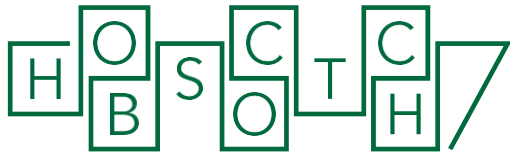
Phone: 815-414-8655

erika@epilepsyadvocacynetwork.org

HOBSCOTCH
Home Based
Self-management and
Cognitive Training
Changes lives



**A Cognitive Program
for People with Epilepsy**



What is HOBSCOTCH?

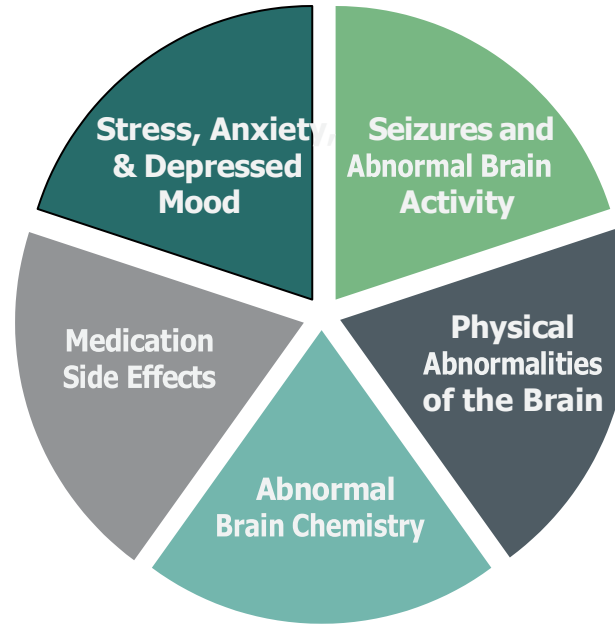
HOBSCOTCH is a self-management program designed to help people with epilepsy find ways to manage and cope with their cognitive problems in order to lead happier, more productive lives.

At this time, HOBSCOTCH is offered to adults with epilepsy at no cost.

What are cognitive problems?

Cognitive problems may include difficulty with memory, attention, thinking, and planning.

WHY DO PEOPLE WITH SEIZURES HAVE MEMORY PROBLEMS?



MORE THAN HALF OF PEOPLE WITH SEIZURES EXPERIENCE COGNITIVE PROBLEMS AND FEEL LIKE SEIZURES INTERFERE WITH MEMORY



You Will Learn :

- How seizures and epilepsy can impact cognition and memory
- Skills to help you improve organization, disease management, and social interactions
- Ways to reduce stress and improve your quality of life

You Will Receive :

- One on one sessions with a certified HOBSCOTCH Memory Coach
- HOBSCOTCH Workbook
- Memory Toolbox of Strategies
- Day Planner & Seizure Diary
- Relaxation exercises

Components of HOBSCOTCH :

1. Epilepsy Education
2. Self-Awareness Training
3. Problem Solving Therapy
4. Memory Strategies
5. Mindfulness