



# Overcoming the Challenges of Epilepsy



**BC Epilepsy Society**

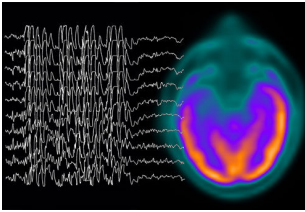

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What are the challenges?


## SEIZURES

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...however the challenges are not just the seizures


Lifestyle restrictions	Medical costs
Loss of independence	Accessing support services
Lack of school supports	Employment difficulties
Low self-esteem	
Additional health or neurological difficulties	



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Successful management of epilepsy can depend on your:


1. Knowledge
2. Attitudes
3. Skills
4. Behaviours



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### 1. Knowledge



- Know YOUR epilepsy
  - accurate, up-to-date, applicable information
- Be aware of the range of seizure types
- Be aware of safety & lifestyle considerations
- Know your medical history



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### 2. Attitude

- Pro-active
- Acceptance
- Resilient
- Realistic
- Be confident

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### 3. Skills

- **Communication skills**
  - *verbal and non-verbal*
- **Advocacy skills**
- **Effective ways to cope with stress & anxiety**
- **Knowing how and when to tell other people about your epilepsy and what you may need**



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### 4. Behaviours

- **Seeking and accepting help**
- **Following appropriate treatment**
- **Maintaining a healthy lifestyle**
- **Avoiding seizure triggers**



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*Recognize*

*Reduce*

*Reframe*

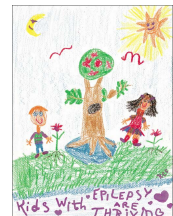
*Revitalize*

*Reach out*



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- We might not be able to control our seizures, but we can control how we react to them.
- Appreciate what you do have.
- Take pleasure in small accomplishments.
- Everybody has bad days. Remember that the bad days will eventually be followed by better days.
- If you cope in small ways, day by day, and week by week, coping in general will become easier.



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*(quote from a BC Epilepsy Society scholarship winner)*

*"I was ten years old when I was first diagnosed with Juvenile Absence Epilepsy. At times my seizure control was excellent and at times it was extremely poor. Sometimes I had side effects from my medication and sometimes I did not. Having epilepsy is difficult. However...*



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*...I have benefited. Having epilepsy has made me work harder at everything I have done because I never wanted to let epilepsy slow me down or prevent me from doing anything. If anything, it made me want to achieve more than if I didn't have epilepsy."*



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