

# STAY A STEP AHEAD

## Prepare for the Future of Your Epilepsy Care

When you have or care for someone with epilepsy, it's important to plan for the future. To be prepared, it's important to be ready to **transition** from a child epilepsy doctor to one for an adult. Creating a transition plan needs to start early, that way, everyone can be ready when care changes hands. Being involved helps everyone stay on track and feel in control of the future.

**Eisai** has partnered with the **Child Neurology Foundation** to help you learn more about the transition process from the following steps.



Learn more at [childneurologyfoundation.org](http://childneurologyfoundation.org) & [advancingepilepsycare.com](http://advancingepilepsycare.com)

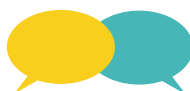
### START TALKING TRANSITION

STEP 1

Planning a transition to an adult doctor should take place over several years. It may seem like something that won't be needed for a long time, but it's important to plan ahead. An adult epilepsy doctor will be able to help deal with things like college, employment and even dating.



Transition takes place over **SEVERAL YEARS**



Conversations with your epilepsy care team should start no later than **AGE 12** so that everyone can get on the same page early

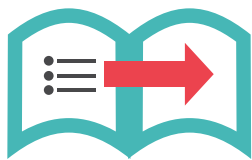


Make sure to **KEEP TRACK** of all conversations including seizure and treatment history

### PREPARE EVERY YEAR FOR SELF-MANAGEMENT

STEP 2

Make sure to see the epilepsy doctor every year and discuss self management at every visit. This can include tips for handling seizures, how to take medicine and remembering when it's time for a refill.



Do a yearly review of self-management skills with your team – It's important to **TRACK THESE SKILLS EVERY YEAR** to get ready for future responsibilities

### STAY EDUCATED

STEP 3

This is an important time to talk more about living with epilepsy, including topics like current medications, going through puberty and any psychological concerns.



Begin creating a transition plan at age 13 and **REVIEW IT EACH YEAR**



Focus on learning as much as you can to **GET READY FOR CHANGING CARE** to an adult doctor

### BIG DECISIONS

STEP 4

When living with epilepsy, sometimes extra support is needed - both now and in the future. During the transition planning, think about what support is needed for success.



Make sure that self-care is a possibility & **DISCUSS LEGAL RESPONSIBILITY BY AGE 14**

## WORK TOGETHER

STEP  
**5**

A solid transition plan takes a team. Connect with doctors, school officials and family and friends to help with goals. Be sure to revisit the plan each year.

Work together with your entire team to put together a solid transition plan. It should include topics like:



Overall health



Financial help



Legal help



Education



Employment



Housing

## BE IN THE KNOW

STEP  
**6**

Continue to review and add to the transition packet yearly. This will help the new adult epilepsy doctor get up to speed as quickly as possible and make sure all of the information from the current doctor is passed along. The packet should have a summary of the diagnosis, medical records, previous treatments, considerations for future treatments and emergency care. It should also mention who will be responsible for any other health concerns not related to epilepsy.



### DEVELOP & CONFIRM

the neurologic portions of your transition plan



### UPDATE YOUR TRANSITION PLAN YEARLY

## PICK A NEW TEAM

STEP  
**7**

Picking an adult doctor is a big step! Work with your current epilepsy doctor to choose a new adult doctor. They'll make sure all important information is given to the new doctor so care can continue.

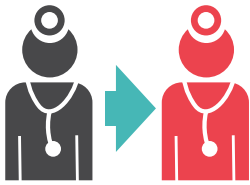


Approximately  
**1-2 YEARS**  
BEFORE IT'S TIME  
TO TRANSFER TO  
AN ADULT DOCTOR,  
work with the epilepsy care team  
to pick a new adult team

## CONFIRM & COMMUNICATE

STEP  
**8**

The child epilepsy team will let you know when it's time to see the new adult doctor. The transition packet will be shared with the adult epilepsy doctor who will now be in charge of care. It's important to stay in touch about how things are going.



### CONFIRM THE TRANSFER OF CARE

and start going to the new adult epilepsy doctor



By staying a step ahead and following this guide for transition, Eisai and the Child Neurology Foundation hope that patients, doctors and caregivers will go through a successful transition.

Learn more about the transition process at  
[childneurologyfoundation.org](http://childneurologyfoundation.org)  
[advancingepilepsycare.com](http://advancingepilepsycare.com)

Brought to you by Eisai Inc. in partnership with Child Neurology Foundation.



Please note: This content is specifically for patients without cognitive, motor or neuropsychiatric disabilities and their caregivers. Content is based on *The Neurologist's Role in Supporting Transition to Adult Health Care*, which was published in the July 2016 online issue of *Neurology*<sup>®</sup>.

<sup>1</sup> Brown, Lawrence, Camfield, Peter, Capers, Melissa, et al. (August 23, 2016). The neurologist's role in supporting transition to adult health care: A consensus statement. *Neurology*, vol. 87 no. 8 835-840 <http://www.neurology.org/content/87/8/835>

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