

WHAT IS HOBSCOTCH?

A behavioral program designed to address memory and attention problems in adults with epilepsy. The program is designed to help adults with seizures to find ways to manage and cope with memory problems in order to lead a happier, more productive life.

PROGRAM COMPONENTS

- ✓ Education to teach basics of memory function, normal memory problems and factors related to seizure-related cognitive prob-
- ✓ Self-awareness training emphasizing awareness of the multiple influences that affect memory and attention.
- ✓ Compensatory strategies or skills training to “compensate” for cognitive functions that may be affected.
- ✓ Problem Solving Therapy to provide skills to systematically work through memory related difficulties and other problems faced.



PROGRAM STRUCTURE

- 8 sessions delivered by a certified HOBSCOTCH Memory Coach
- Sessions delivered weekly and last 45-60 minutes each
- The first and last sessions are conducted either in-person or by computer with an audio and visual connection. All other sessions are conducted over the telephone.



PROGRAM MATERIALS

- Participant Workbook containing: educational materials about memory and epilepsy, problem solving worksheets, and a Memory Toolbox of compensatory strategies.
- Relaxation CD containing: quick relaxation and progressive muscle relaxation
- Day Planner and Seizure Diary



TARGET POPULATION

- HOBSCOTCH has been shown to be effective for adults with epilepsy who are experiencing memory problems. The program is appropriate for those with controlled and uncontrolled seizures.
- The program works best for participants who can commit at least one hour per week to talking with the memory coach, and are willing to spend time doing the program on their own.

RESEARCH STUDY FINDINGS

The HOBSCOTCH program was shown to be effective in improving:

✓ Quality of life measured with the Quality of Life in Epilepsy Scale (QOLIE-31)

✓ Objective cognition measured with a repeatable battery of the assessment of neuropsychological status (RBANS).



RESOURCE REQUIREMENTS

- Transportation for two in-person sessions or stable internet access and webcam for two virtual sessions.
- Reliable telephone access and reception for HOBSCOTCH calls. Approximately 45-60 minutes needed per week.



PROGRAM COSTS

- HOBSCOTCH is delivered by certified Memory Coaches who have completed a 2-day, in-person training at Dartmouth-Hitchcock Medical Center.
- The cost of program materials vary depending on print quality, but all materials can be provided for approximately \$20 per participant.
- The cost of Memory Coach time to deliver the program varies, however 8 , 1-hour-long sessions billed at \$50 per hour is approximately \$400/participant.



WHO CAN BE A MEMORY COACH?

HOBSCOTCH Memory Coaches must obtain certification by attending a 2-day, in-person training provided by Dartmouth-Hitchcock personnel. Qualified applicants must be licensed healthcare providers (e.g., nurse, social worker, etc.) or be able to demonstrate experience in a healthcare or education field.

HOBSCOTCH Contacts

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💻 www.managingepilepsywell.org/programs/hobscotch

REFERENCES

Caller, T. A., et al. (2016). "A cognitive behavioral intervention (HOBSCOTCH) improves quality of life and attention in epilepsy." *Epilepsy Behav* 57 (Pt A): 111-117.



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