Program **Structure**

Each session lasts about 45-60 minutes

1 **IN-PERSON SESSION**
What is Memory?
Memory and Seizures
Problem Solving
Quick Relaxation

2 **TELEPHONE SESSION**
Problem Solving Therapy
Keeping a Schedule

3 **TELEPHONE SESSION**
Problem Solving Worksheet

4 **TELEPHONE SESSION**
Problem Solving Worksheet

5 **TELEPHONE SESSION**
Problem Solving Worksheet

6 **TELEPHONE SESSION**
Problem Solving Worksheet

7 **TELEPHONE SESSION**
Problem Solving Worksheet

8 **IN-PERSON OR TELEPHONE SESSION**
Wrap up
Maintenance Strategies

Contact Information:

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HOBSCOTCH

HOme **B**ased
Self-management and
COgnitive **T**raining
CHanges lives

Dartmouth-Hitchcock

Managing Epilepsy
Well Network

www.managingepilepsywell.org

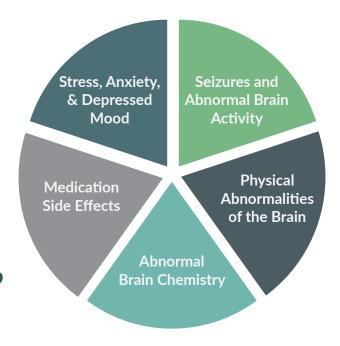## A Cognitive Program
for People with Epilepsy

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 thist 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?

- Stress, Anxiety, & Depressed Mood
- Seizures and Abnormal Brain Activity
- Physical Abnormalities of the Brain
- Abnormal Brain Chemistry
- Medication Side Effects

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

You Will **Learn**:

- How epilepsy impacts cognition and memory
- Skills to help you improve your 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 HOBSCOTCH certified Memory Coach
- HOBSCOTCH Workbook
- Memory Tool Box
- 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