

Strategies for Living Safely With Epilepsy: A Personal and Professional Perspective

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Objectives

- Discuss tips for living more independently with epilepsy at:
 - School
 - Work
 - Home
- Identify simple modifications that make any environment safer

Introduction

- Stages of life:
 - School
 - College
 - Work
 - At Home
 - Being a Mom



School

- Who to tell??
 - Teachers, other staff, peers
- Seating
- Triggers
- Bullies
- Sports
- Transportation



College

- Preparation - Who to tell??
- Living home or away??
- Transportation
- On campus safety
 - Dorm room
 - Bathroom
 - Going out
- Relationships



The Work Place

- Who should I tell... and when??
- Work site accommodations
 - VESID (New York)
 - DVR (New Jersey)
- What should I tell, or not?
- The accessible office



Your New House

- Kitchen
- Bathroom
- Living Room
- Bedroom



Parenting

- Pregnancy
- Infancy
- Toddlers
- Children



Questions???

