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.

**STEP 1**

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

**STEP 2**

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.

**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.

**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.

**PREPARE EVERY YEAR FOR SELF-MANAGEMENT**

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.

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

**START TALKING TRANSITION**

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.

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.

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

**BIG DECISIONS**

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 priority & DISCUSS LEGAL RESPONSIBILITY BY AGE 14

**STAY A STEP AHEAD**

Prepare for the Future of Your Epilepsy Care

Learn more at childneurologyfoundation.org & advancingepilepsycare.com
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

**STEP 5**

**WORK TOGETHER**

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.

**STEP 6**

**BE IN THE KNOW**

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.

**APPX 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 THE TRANSFER OF CARE**

and start going to the new adult epilepsy doctor

**DEVELOP & CONFIRM**

the neurologic portions of your transition plan

**STEP 7**

**PICK A NEW TEAM**

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.

**UPDATE YOUR TRANSITION PLAN YEARLY**

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

**STEP 8**

**CONFIRM & COMMUNICATE**

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.

Learn more about the transition process at

childneurologyfoundation.org

advancingepilepsycare.com

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