

# 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. **Transition of care** is a process in the medical transition from pediatric to adult health care in order to achieve their highest quality of life.<sup>2</sup>

For one in five children living with a neurological condition, resources to help guide the transition from pediatric to adult health care have been limited.<sup>3</sup>

Eisai and the Child Neurology Foundation have partnered to develop tools to help young patients with epilepsy, their caregivers and healthcare professionals navigate successful transitions from pediatric to adult care.

This tool guides patients and caregivers through the eight common principles helpful for a successful transition.



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

## 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**



Begin scheduling conversations with your doctor, parents, and/or caregiver when you reach<sup>3</sup>  
**AGE 12**

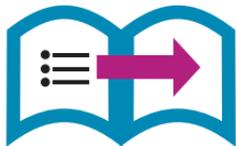


Make sure to  
**KEEP TRACK** of all conversations including seizure and treatment history

## 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, hormonal changes and any mental health 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 make sure to keep all of your updated information together 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



**UPDATE YOUR**  
TRANSITION PLAN YEARLY

## PICK A NEW TEAM

STEP  
7

Choosing an adult doctor is a big step! Work with your current epilepsy doctor to find a new adult doctor. They'll help make a smooth transition by sharing all updated medical information with 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](https://childneurologyfoundation.org)

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>1</sup> Transitions of care From Pediatric to adult services for children with Special healthcare needs. (2020, November 19). <https://effectivehealthcare.ahrq.gov/products/transitions-care-pediatric-adult/protocol> <sup>2</sup> Child Neurology Foundation. <https://www.childneurologyfoundation.org/> <sup>3</sup> Lebrun-Harris, L. A., McManus, M. A., Ilango, S. M., Cyr, M., McLellan, S. B., Mann, M. Y., & White, P. H. (2018). Transition planning among us youth with and without special health care needs. *Pediatrics*, 142(4). doi:10.1542/peds.2018-0194. <https://pediatrics.aappublications.org/content/pediatrics/142/4/e20180194.full.pdf>

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