When you have epilepsy or care for someone with epilepsy, it’s important to plan for the future. To be prepared, you or your child should be ready to transition from a child epilepsy doctor to one for an adult. It may seem like a long time from now, but many parents and medical professionals recommend that conversations about transitioning start as early as age 12. As an epilepsy patient or caregiver, it’s important to stay informed and prepared for future changes in care. Eisai has partnered with the Child Neurology Foundation to help you learn more about the transition process from the steps below.

**STEP 1:** Begin creating a transition plan at age 13 and review it each year. Big decisions should be made by age 14.

**STEP 2:** Pick a new team and 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 3:** Stay educated. Focus on learning as much as you can to get ready for changing care. Do a yearly review of self-management skills with your team—It’s important to track these skills every year. By age 14, discuss legal responsibility.

**STEP 4:** CONFIRM THE TRANSFER OF CARE and start going to the new adult epilepsy doctor.

**STEP 5:** 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 6:** Stay informed. Focus on learning as much as you can to get ready for future responsibilities. Do a yearly review of self-management skills with your team—It’s important to track these skills every year. By age 14, discuss legal responsibility.

**STEP 7:** 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 THE TRANSFER OF CARE and start going to the new adult epilepsy doctor.

**STEP 9:** 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
- for tips about having a successful transition, check out this link: advancingepilepsycare.com

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