

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



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HOBSCOTCH

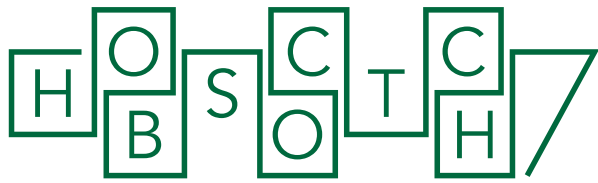
HOme Based Self-
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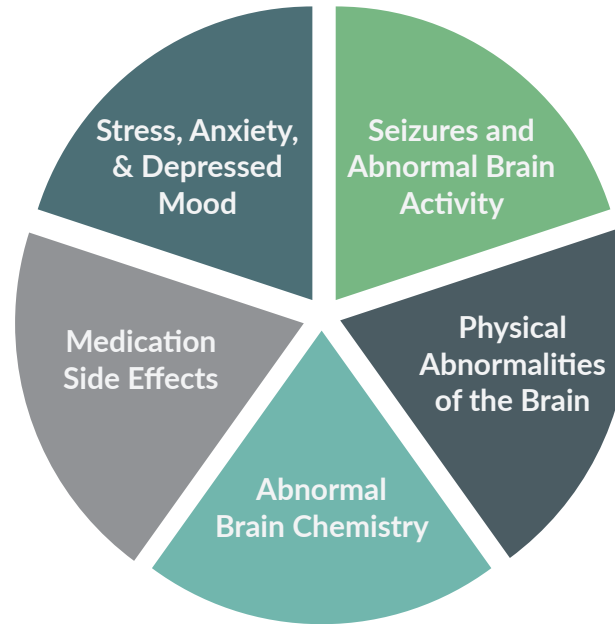
Managing Epilepsy
Well Network

www.managingepilepsywell.org

A Memory Program for People with Epilepsy



WHY DO PEOPLE WITH SEIZURES HAVE MEMORY PROBLEMS?



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



What is HOBSCOTCH?

HOBSCOTCH is a self-management program designed to help people with epilepsy find ways to manage and cope with their memory problems in order to lead a happier, more productive life.

HOBSCOTCH is offered at no cost to adults at Dartmouth-Hitchcock Medical Center.

If you are interested in the program:

- Ask your epilepsy provider if it is right for you
- Contact Samantha Schmidt at (603) 650-8165 or Samantha.S.Schmidt@hitchcock.org



You Will Learn:

- How epilepsy and seizures effect memory.
- Skills to compensate for memory problems in everyday life.
- Ways to reduce stress, improve your memory, and increase your quality of life.

You Will Receive:

- 8 sessions with a HOBSCOTCH certified Memory Coach
- HOBSCOTCH Workbook
- Memory Tool Box
- Day Planner & Seizure Diary

Components of HOBSCOTCH:

1. Education
2. Self-Awareness Training
3. Problem Solving Therapy (PST)
4. Memory Strategies