Living well with epilepsy may be as simple as taking daily medication to control seizures. In many cases, though, it can be more challenging. Look over this checklist to see if you’re doing everything you can to manage your condition:

- I am fully aware of the various treatments for epilepsy and understand their uses, potential benefits, and potential risks
- I have access to and can afford the health care and medications I need
- I am satisfied with my seizure control
- I am not bothered by medication side effects
- I am satisfied with my ability to think and learn
- I am succeeding in school or the workplace
- I know how to manage my stress
- I have people I can talk to about epilepsy
- I am confident that others will know what to do if I have a seizure
- I have opportunities to socialize and have fun in a safe and accepting environment
- I am living well with epilepsy

If you left any of these unchecked, the Epilepsy Foundation of Michigan may be able to help you.

Through one-on-one assistance, educational workshops, epilepsy awareness and first aid training for public and professional audiences, public policy advocacy, and social and recreational opportunities, we help people with epilepsy and their families reach their goals.
What is Epilepsy?

Epilepsy is a chronic brain disorder, the hallmark of which is recurrent, unprovoked seizures. Sometimes referred to as a “seizure disorder,” epilepsy is the fourth most common neurological condition, with 1 in 26 people experiencing it in their lifetime. Epilepsy varies from person to person in terms of seizure types experienced, age of onset, the presence of other neurological conditions, response to treatment, and overall prognosis. In addition to unpredictable seizures, people with epilepsy may struggle with depression and anxiety, memory problems, medication side effects, school issues, employment difficulties, stigma, and a number of other challenges.