

# Who to Contact for Help With Quality-of-Life Issues

Part of epilepsy self-management is learning how to improve your quality of life. In addition to your healthcare team, there are other people in your community who can help you navigate this journey.<sup>1</sup> Here are some ways of finding help<sup>1</sup>:



## Community Services<sup>1</sup>

- State and local Epilepsy Foundation affiliates
- Local nonprofit organizations that help patients with chronic conditions
- Social workers



## Employment<sup>1</sup>

- The human resources department where you work
- Vocational training programs
- Government agencies



## Transportation<sup>1</sup>

- Local department of motor vehicles
- Local transportation agencies
- Social service organizations
- Government agencies



## Housing<sup>1</sup>

- Social service organizations
- Nonprofit organizations, including faith-based organizations
- Government agencies



## Social Support<sup>1</sup>

- Psychologists, social workers, or other behavioral specialists
- State and local Epilepsy Foundation affiliates
- Faith-based organizations



## Education<sup>1</sup>

- Individualized education programs
- Cognitive testing and educational assistance

### Reference

1. England MJ, Liverman CT, Schultz AM, Strawbridge LM, eds. *Epilepsy Across the Spectrum. Promoting Health and Understanding*. Washington, DC: Institute of Medicine of the National Academies. The National Academies Press; 2012.

