



Keys to Independence Checklist



Personal & Social

| Question | Yes | Got to work on this one |
|---|-----|-------------------------|
| I have my Social Security card. | | |
| I have a copy of my birth certificate. | | |
| I have an ID that I keep with me when I leave the house. | | |
| I know who to call if there is an emergency. | | |
| I know a few different ways to tell someone that I have epilepsy. | | |
| I've thought about if I should tell my friends or someone I'm dating about my epilepsy. | | |
| I've thought about what might happen if I tell someone that I have epilepsy. | | |
| I know how to relax if I'm feeling stressed. | | |
| I know some other people with epilepsy. | | |
| If I'm feeling sad or down for a week or two, I know who I can call. | | |
| I know the rules concerning a Driver's License and seizures in my state. | | |
| I know how to create a budget and some tips for sticking to it. | | |
| I know how to use public transit to get to and from a location. | | |