



Keys to Independence Checklist



Medical Management

Question	Yes	Got to work on this one
I know my height and weight.		
I know my allergies.		
I know the type of seizures I have and can describe them.		
I know what medications I take and what each one looks like.		
I pretty much know what each of my medications is for.		
I know the doses of my medication.		
I know what time I take each medication.		
I take my medication without help.		
I can tell someone what to do if I have a seizure and they see it.		
I know the name of my doctor.		
I call the pharmacy and order my own medication refills.		
I know my seizure triggers.		
I use an app or notebook to keep track of my seizures or medical concerns.		
I have a copy of my insurance card.		
I call the doctor to make my own appointments.		