

Session Topics

Each session involves education, open discussion, and goal setting with coping strategies. Topics covered include:

- ✓ Epilepsy and Medical Issues
- ✓ Dealing with Stress and the Blues (I)
- ✓ Dealing with Stress and the Blues (II)
- ✓ Compensating for Cognitive Challenges
- ✓ Getting the Most out of Community Living
- ✓ Managing My Epilepsy Care
- ✓ Effective Communication about My Epilepsy
- ✓ My Health & Well-Being



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<https://www.efepa.org/paces/>

PACES

Program of Active Consumer Engagement in Self-Management



Managing Epilepsy
Well Network

www.managingepilepsywell.org

A program to help people
manage their medical and
psychological wellness



Program Structure

At the EFEPA, 8 sessions are delivered virtually in small groups by an epilepsy professional and peer facilitator team.

PACES is an eight-session self-management program developed at the University of Washington Epilepsy/Health Promotion Research Center.

Participants develop coping and goal setting strategies to improve:

- Quality of life
- Epilepsy self-management
- Self-efficacy
- Anxiety
- Depression



Research

PACES is evidence-based, meaning that research has shown it is effective. The first randomized controlled trial showed that the program improved quality of life, mood, epilepsy self-efficacy, and epilepsy self-management.

How To Participate

PACES is currently offered at no cost by the University of Washington. It is offered in-person or by telephone to people in the Seattle area, and by telephone to people in other states.

If you are interested in participating in the program through the EFEPA:

- Visit <https://www.efepa.org/paces> to learn more or scan the QR code below
- Contact Rena Loughlin at rloughlin@efepa.org or 215.779.8828

