## Session **Topics**

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





Dealing with Stress and the Blues (II)

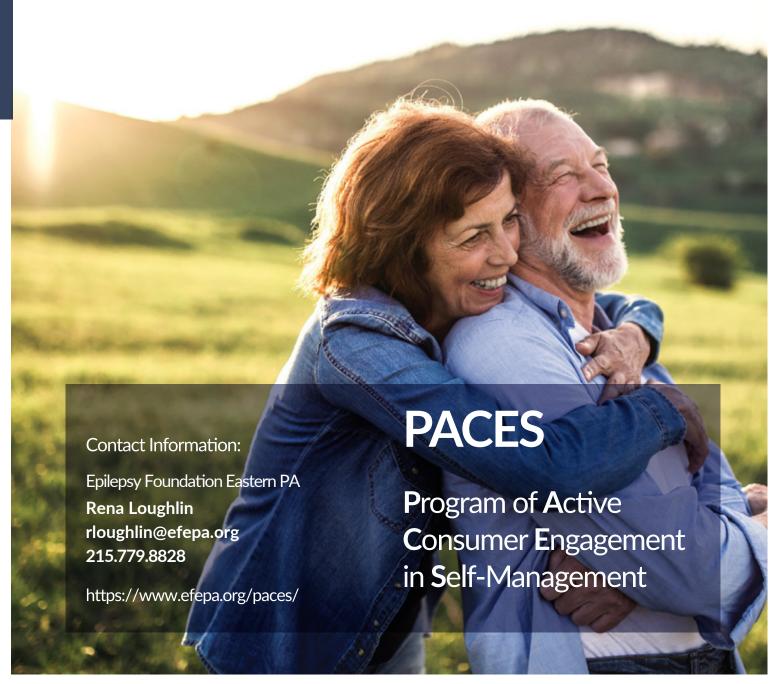
Compensating for Cognitive Challenges

Getting the Most out of Community Living

Managing My Epilepsy Care

Effective Communication about My Epilepsy

My Health & Well-Being





Managing Epilepsy Well Network

www.managingepilepsywell.org

A program to help people manage their medical and psychological wellness



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

## Program Structure

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



## 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



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.

