



Plan for the Place, Not the Seizure

Be prepared.
Be confident.
Be you.

It's not about what could happen
— it's about what you can control.

Choose the places you regularly go and think ahead. A little planning
can make a big difference in how safe and supported you feel.



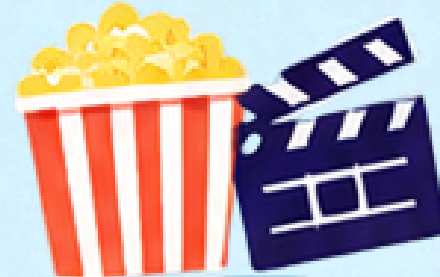
School

- ✓ Who could help me?
- ✓ Where could I go if I needed support?
- ✓ Who knows about my epilepsy?
- ✓ What would make me feel safer?



Sports

- ✓ Who could help me?
- ✓ Where could I go if I needed support?
- ✓ Who knows about my epilepsy?
- ✓ What would make me feel safer?



Movies

- ✓ Who could help me?
- ✓ Where could I go if I needed support?
- ✓ Who knows about my epilepsy?
- ✓ What would make me feel safer?



Mall

- ✓ Who could help me?
- ✓ Where could I go if I needed support?
- ✓ Who knows about my epilepsy?
- ✓ What would make me feel safer?



Friend's House

- ✓ Who could help me?
- ✓ Where could I go if I needed support?
- ✓ Who knows about my epilepsy?
- ✓ What would make me feel safer?



Public Transportation

- ✓ Who could help me?
- ✓ Where could I go if I needed support?
- ✓ Who knows about my epilepsy?
- ✓ What would make me feel safer?



Party

- ✓ Who could help me?
- ✓ Where could I go if I needed support?
- ✓ Who knows about my epilepsy?
- ✓ What would make me feel safer?



I can't predict every seizure.
I can make my world
easier to navigate.

Plan
Today.
Feel Safer
Tomorrow.