

Participating in the Study

How do I know if the study is right for me?

Participants must:

- Be adults (aged 18+)
- Have a diagnosis of epilepsy
- Have cognitive problems (*memory, thinking, attention*)
- Be willing to complete surveys
- Have telephone and internet access

How long will I be enrolled in the study?

The entire study (including surveys) will take about 12 months. The HOBSCOTCH program will take about 12-15 weeks.

Will I get paid for my time?

Yes! Participants will receive \$15 each time they complete a set of surveys. If all sets are completed, they can receive up to \$75.

Is this different than medical care?

Yes. This program does not replace regular medical care. The program is not billed to insurance, and does not require a referral from your doctor.

Where can I find more information?

Please visit www.hobscotch.org to learn more about the program, or contact us directly.



Contact Information:

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HOBSCOTCH
HOme Based Self-
management and
COgnitive Training
CHanges lives

**A Program for People with Epilepsy
and Cognition Problems**

 **Dartmouth-Hitchcock**



Managing Epilepsy
Well Network

www.managingepilepsywell.org

**NEW RESEARCH
OPPORTUNITY**

What is HOBSCOTCH?

HOBSCOTCH is a self-management program designed to help people with epilepsy find ways to manage and cope with their memory and thinking problems in order to lead happier, more productive lives.



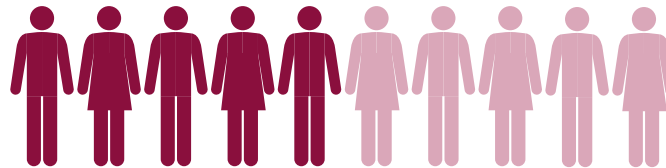
How to participate:

Right now, HOBSCOTCH is being offered at no cost, as part of a research study. To receive the program you will have to meet with a HOBSCOTCH team member over the phone to see if participating in research is right for you.

To learn more:

Contact Morgan Mazanec at (603) 650-4225 or Morgan.T.Mazanec@hitchcock.org

UP TO HALF OF PEOPLE
WITH SEIZURES EXPERIENCE
MEMORY PROBLEMS.



Components of HOBSCOTCH:

- Epilepsy Education
- Self-Awareness Training
- Problem Solving Therapy (PST)
- Memory Strategies
- Relaxation Exercises

You Will Learn:

- How epilepsy and seizures impact your memory and thinking.
- Strategies to help you with organization, social skills, and managing your epilepsy.
- Ways to reduce stress and skills to improve your memory
- Ways to improve your quality of life.

You Will Receive:

- 9 one-on-one coaching sessions
- HOBSCOTCH program workbook
- Memory Toolbox strategies
- Day planner & seizure diary
- Muscle relaxation and breathing exercises
- Long-term maintenance plan

