

# Program Structure

Each session lasts about 45-60 minutes



## Contact Information:

Trina Dawson, BA  
HOBSCOTCH Program Coordinator  
Dartmouth-Hitchcock Medical Center

Phone: (603) 650-8165  
Email: [MEWPrograms@hitchcock.org](mailto:MEWPrograms@hitchcock.org)  
Website: [hobscotch.org](http://hobscotch.org)

**HO**me Based  
**Self**-management and  
**CO**gnitive Training  
**CH**anges lives



## A Cognitive Program for People with Epilepsy



## What is HOBSCOTCH?

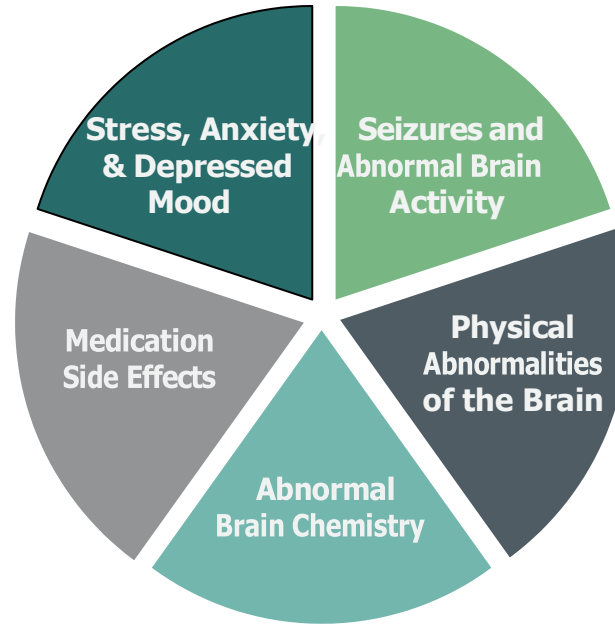
HOBSCOTCH is a self-management program designed to help people with epilepsy find ways to manage and cope with their cognitive problems in order to lead happier, more productive lives.

At this time, HOBSCOTCH is offered to adults with epilepsy at no cost.

## What are cognitive problems?

Cognitive problems may include difficulty with memory, attention, thinking, and planning.

## WHY DO PEOPLE WITH SEIZURES HAVE MEMORY PROBLEMS?



MORE THAN HALF OF PEOPLE WITH SEIZURES EXPERIENCE COGNITIVE PROBLEMS AND FEEL LIKE SEIZURES INTERFERE WITH MEMORY



## You Will Learn :

- How seizures and epilepsy can impact cognition and memory
- Skills to help you improve organization, disease management, and social interactions
- Ways to reduce stress and improve your quality of life

## You Will Receive :

- One on one sessions with a certified HOBSCOTCH Memory Coach
- HOBSCOTCH Workbook
- Memory Toolbox of Strategies
- Day Planner & Seizure Diary
- Relaxation exercises

## Components of HOBSCOTCH :

1. Epilepsy Education
2. Self Awareness Training
3. Problem Solving Therapy
4. Memory Strategies
5. Mindfulness