Who to Contact for Help With Quality-of-Life Issues

Part of epilepsy self-management is learning how to improve your quality of life. In addition to your healthcare team, there are other people in your community who can help you navigate this journey. Here are some ways of finding help:

**Community Services**
- State and local Epilepsy Foundation affiliates
- Local nonprofit organizations that help patients with chronic conditions
- Social workers

**Employment**
- The human resources department where you work
- Vocational training programs
- Government agencies

**Transportation**
- Local department of motor vehicles
- Local transportation agencies
- Social service organizations
- Government agencies

**Housing**
- Social service organizations
- Nonprofit organizations, including faith-based organizations
- Government agencies

**Social Support**
- Psychologists, social workers, or other behavioral specialists
- State and local Epilepsy Foundation affiliates
- Faith-based organizations

**Education**
- Individualized education programs
- Cognitive testing and educational assistance

Reference