

## Talk Epilepsy

# Your Goals



In striving to achieve your hopes and plans for the future, it is important to work with your doctor on setting your own goals. These can be personal goals and goals for your epilepsy care, and they will help you to stay focused and to track your progress.

Your personal goals may include things like getting your driving license, going to college, starting a new job or family, or moving home. Whatever your personal goals – they are important to you. Sharing them with your healthcare professional may help you to achieve them.

Your goal for epilepsy care may be to achieve seizure freedom without a lot of side effects. This is not always possible, as each person's epilepsy is different. But there have been many advances in epilepsy care, and it's good to be aware of the potential for improvement. So it's well worth talking about this goal with your doctor.



### **Your Goals will help you to:**

- *Decide your short- and long-term hopes and plans for the future*
- *Share your personal goals with your doctor*
- *Discuss your epilepsy care goals with your doctor*
- *Build an action plan to set specific goals which you can reach with the help of your doctor*
- *Ensure your goals are achievable*

## Personal goals

My short-term personal goals over the next three months are:

1. *e.g. to go shopping by myself*
- 2.
- 3.
- 4.

My long-term personal goals over the next 12 months are:

1. *e.g. to take part in a sporting activity  
I have never tried before*
- 2.
- 3.
- 4.



**Talk Together** (on this site) is a one page document to summarise your most important goals, questions and diary entries. You may find it helpful to take this single form with you when you see your doctor rather than the full pack. It will help you focus on what you most want to discuss during your consultation.



## Helpful Tips

Below are some helpful hints you may wish to consider when setting your goals.

- **Be specific about what you want to achieve**
- **Look for goals that are measurable in terms of success or improvement**
- **Make sure your goals are realistic and practical**
- **Establish timings for your goals**

Poem and description submitted by Wieke to the Freedom in Mind Initiative\*

## Travel

'I believe that everyone with epilepsy has their own way to reach his or her destiny, and by travelling on the path to our dreams, we will meet the most beautiful moments by seeing, hearing, feeling, fighting, and ultimately forgetting all boundaries.'

## Epilepsy-care goals

**My short-term epilepsy care goals over the next three months are:**

1. *e.g. to open discussion with my doctor on the side effects I am experiencing with my medication*
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**My long-term epilepsy care goals over the next 12 months are:**

1. *e.g. to live well and independently with epilepsy*
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



Photograph and description submitted by Petr to the Freedom in Mind Initiative\*

### Boots

'To walk across the whole world, walk on and off the road, through mud, rocks and steep hillsides – it does not matter to me. When I reach the destination, I've got that wonderful feeling; I can go wherever I want. I struggled on my way, through hills and marshlands but I got through and my boots with me.'



\* For further information please visit [www.freedominmind.com](http://www.freedominmind.com)