MY HEALTH CARE TEAM

Instructions: Developing your health care team may take time. You may not need many people if your seizures are well-controlled or don't lead to many problems. Or you may have many people on your team, depending on how epilepsy affects your life, your age, and other concerns you may have. Your team may include both health care and community supports as well as family and friends. Use this form to help you keep track of who they are and how to contact them most easily.

TYPE OF PROVIDER	PROVIDER NAME	ADDRESS/PHONE	EMAIL	BEST WAY / TIME TO CONTACT

Consider the following people who may be part of your health care team:

- Neurologists (or epileptologists)
- Epilepsy Nurse
- Social worker
- School psychologist or counselor
- Epilepsy educator or Epilepsy Foundation affiliate
- Independent living or other community organization
- Hospital used for emergency purposes
- Primary care doctor
- Psychologist or neuropsychologist
- Other counselor
- Job counselor or specialist
- Rehabilitation therapists
- Pharmacy
- Health care proxy/agent
- Neurosurgeon
- Psychiatrist or neuropsychiatrist
- School nurse
- Rehabilitation therapists
- Service Coordinator
- Preferred Hospital

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