



## THE GOAL

The goal of PACES is to increase the medical, psychosocial, and community adjustment of adults with active seizure conditions.

## 8 SESSIONS COVER THE FOLLOWING TOPICS:

- ✓ Epilepsy and Medical Issues
- ✓ Dealing with Stress and the Blues (I)
- ✓ Dealing with Stress and the Blues (II)
- ✓ Compensating for Cognitive Challenges
- ✓ Getting the Most Out of Community Living
- ✓ Managing My Epilepsy Care
- ✓ Effective Communication About My Epilepsy
- ✓ My Health and Wellbeing

## TARGETED OUTCOMES

Participants develop coping and goal-setting strategies that improve overall and discrete aspects of quality of life, epilepsy self-management and efficacy, and alleviation of anxiety and depression.

## MEASURES AND EVALUATION ACTIVITIES

- ✓ Quality of Life (QOLIE-31)
- ✓ Epilepsy Self-Management (ESM)
- ✓ Epilepsy Self-Efficacy (ESF)
- ✓ Levels of Depression (PHQ-9) and Anxiety (GAD-7)
- ✓ Seizure Frequency
- ✓ Goal(s) Attainment

## What is PACES?

Program of **Active Consumer Engagement in Epilepsy Self-management**

PACES is an **eight-session, phone-based epilepsy self-management program** developed with direct input from adults with epilepsy at the University of Washington Epilepsy Center / Health Promotion Research Center and subject to randomized control evaluation with funding from the Centers for Disease Control (CDC).

## PACES DEVELOPMENT

PACES was developed through an extensive survey of 225 adults living with epilepsy. Respondents identified their most important adjustment concerns and the program elements that were important to them. The most common concerns were related to depression and attention/memory. Therefore, coping strategies in these areas are emphasized in specific modules and throughout the program.

## KEY PROGRAM ELEMENTS

- Facilitators include a trained professional in mental health or social work and a trained peer with epilepsy.
- Sessions include an education component, assistance with developing coping strategies, and goal setting.
- Participate by telephone (no travel required).

## PROGRAM EFFECTIVENESS

In a randomized control trial, the program significantly improved quality of life, mood, epilepsy self-efficacy, and epilepsy self-management in individuals with epilepsy. Improvements in these areas were maintained at six months after the program ended, and in quality of life aspects related to medication side effects.

## REQUIREMENTS TO PARTICIPATE

- Ability to call in to eight (8) consecutive weekly one-hour sessions.
- Interested participants must complete a screening to assess whether this program is appropriate for them.
- **Participants must meet inclusion criteria: (1)** age 18 and older; **(2)** able to speak, read, and write in English; **(3)** medically established diagnosis of epilepsy; **(4)** no severe mental illness/active psychosis; **(5)** cognitive functioning >70 (established through pre-program screening); **(6)** reside within the Epilepsy Foundation of Northeastern New York's 22-county territory.
- Commitment to practicing coping and goal-setting strategies between sessions.

## FOR MORE INFORMATION / TO SIGN UP

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