The Caregiver Agreement

A contract for healthy relationships with epilepsy



- **BE WILLING** to accept your help.
- **VOCALIZE** my feelings and needs.
- **ALLOW** you to attend my doctor appointments.
- **DISCUSS** our roles in sharing information with doctors and others.
- **RECOGNIZE** when you need a moment of respite.



- **LEARN** as much as I can about epilepsy.
- **LISTEN** to your feelings and needs.
- **ADVOCATE** for the best health care for you.
- **UNDERSTAND** your seizure triggers and learn seizure first aid.
- **RESPECT** your need for independence.



SHARE THIS WITH YOUR CAREGIVER!



SHARE THIS WITH YOUR LOVED ONE!