

Preparing for monitoring checklist

Use this checklist to prepare for long-term monitoring at home

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Stock up on groceries
(or ask someone else to help with the shopping)

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Buy cleansing wipes to make face washing easier

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Plan only necessary outings and appointments
(reschedule non-urgent appointments)

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Ask someone to be a buddy

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Make a list of shows to watch and books to read

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Prepare other activities to stay occupied

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Hear from others who have done long-term
monitoring by joining online epilepsy support groups

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Download the Seer app on your smartphone and
start tracking your events today

PFMC-UK-001