



**Atrium Health**  
Neurosciences Institute



## **HOBSCOTCH**

# **A Memory Program for Adults with Epilepsy**

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# What is **HOBSCOTCH**?

**HO**me-Based **S**elf-Management and **CO**gnitive **T**raining **CH**anges Lives

**HOBSCOTCH** is a program to help people with epilepsy. It teaches ways to manage and cope with memory problems. It can help lead to a happier, more productive life.

**HOBSCOTCH** is offered through Atrium Health at no cost for adults with epilepsy.

If you are interested in the program, please let your epilepsy provider know.



The elements of **HOBSCOTCH** are:

## 1. Education

- What is memory?
- How memory and seizures relate

## 2. Self-Awareness Training

- Keeping track of memory challenges weekly

## 3. Problem-Solving Therapy (PST)

- Identifying problems and finding solutions

## 4. Memory Strategies

- Tips to help you remember better
- Relaxation skills to help with anxiety



## Program Structure

- One-on-one sessions with your memory coach
- Each session will last 45 to 60 minutes
- One session every week (one after the other) for 8 weeks
- Virtual platform used will allow face-to-face interaction
- The program is most helpful for participants when they can attend all sessions and do their weekly activities on their own

Research studies show that patients improved their mental function and quality of life after finishing the program. It will help better things like attention, memory and emotion.

## Contact Information:

### Epilepsy Nurse Navigator and Program Coordinator

Charlotte area 704-355-8857

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