WE KNOW THAT CAREGIVERS ARE THE EXPERTS on managing their loved one’s challenging seizures, such as those associated with Lennox-Gastaut syndrome (LGS). We asked caregivers like you to share innovations they use to care for their loved ones.

WHAT CREATIVE THINGS DO YOU DO TO MANAGE DAILY LIFE FOR YOUR LOVED ONE WITH CHALLENGING SEIZURES?

I have a **smart watch** that locates my GPS and tells up to **10 CONTACTS IN MY PHONE** when I have had a seizure.

We **decorate MEDICINE BOTTLES**, making it better at medicine time.

We **sing songs FOR DIFFERENT TASKS**. There’s a song to get her to open her mouth for medicines and teeth brushing.

I sleep with a **baby monitor SO I CAN HEAR BETTER if he has a seizure**.

I monitor my daughter’s **body temp** BY SIGHT, BY TOUCH AND BY THERMOMETER every hour or so.

I covered my floors with interlocking **foam rubber pieces** for a **SOFTER LANDING** for drop seizures.

I cut **swim noodles** down the middle and secure them around DANGEROUS EDGES with duct tape.

I have a “**GO BAG**” ready for any EXCURSION OR EMERGENCY.

I wrote my son’s **story** in paragraph form to share with NEW PEOPLE IN HIS LIFE.

Mozart is very soothing, TO CALM BRAIN NOISE.

Here are some ideas of what to include:
- Soothing items (toys, snacks)
- Emergency information cards (medical history, emergency instructions and contact info)
- Feeding supplies
- Washcloth
- Wet wipes
- Change of clothes
- Extra medications
- Diagnosis background info
- Seizure triggers
- Seizure care protocol and preferred hospital
- Emergency contact number
- Wants and needs
- Likes/dislikes
- Food preferences
- Allergies
- Hygiene instructions

Thank you to the caregivers who provided their tips on managing daily life for their loved ones. We’d love to hear your innovations! Share them with us at Facebook.com/LGSTogether.