



## Family & Community

- ☐ Share the diagnosis with friends and family, when you are ready.
- ☐ Suggest ways that family and friends can help. Create and share your list of needs.
- ☐ Connect with your feelings and discuss with family, friends, or a therapist.
- ☐ Have a family member or friend accompany you to all healthcare appointments to help with your child or take notes, so you can focus.

## Advocacy & Support

- ☐ Visit our website for information and support at [www.dravetfoundation.org](http://www.dravetfoundation.org).
- ☐ Stay up to date on current research and clinical trials at [www.dravetclinicaltrials.org](http://www.dravetclinicaltrials.org).
- ☐ Join the DSF Family Network to connect with other families and register for programs and resources. Register at [www.dsffamilynetwork.org](http://www.dsffamilynetwork.org).
- ☐ Register for an educational conference, workshop, or webinar. Events are listed on our website at [www.dravetfoundation.org](http://www.dravetfoundation.org).

## Medical

- ☐ Keep a seizure log to share with the neurologist. Learn more at [www.seizuretracker.com](http://www.seizuretracker.com).
- ☐ Find a specialist who understands Dravet syndrome at [www.dravetdoctors.org](http://www.dravetdoctors.org).
- ☐ Learn about and develop a seizure action plan at [www.seizureactionplans.org](http://www.seizureactionplans.org).
- ☐ Prioritize your child's medical challenges and focus on top concerns. Schedule appointments with specialists for baseline assessments.
- ☐ Discuss SUDEP (sudden unexpected death in epilepsy) with your child's neurologist.
- ☐ Learn about ICD10 billing codes that may ease access to testing and treatments at [www.dravetfoundation.org/icd-10-codes](http://www.dravetfoundation.org/icd-10-codes).



## State Services & Education

- ☐ Check your state's website for waiver programs and sources of support.
- ☐ Children younger than 3 can receive Early Intervention services through their State Department of Health.
- ☐ Set up evaluations for ages 3 and older to determine their services in school and establish an Individualized Education Plan or 504 Plan.
- ☐ Provide school staff with educational resources on Dravet syndrome and your child's seizure action plan
- ☐ Unsure where to start? Begin with your pediatrician or family doctor. Additionally, all schools and hospitals have social worker on staff who can help you.