





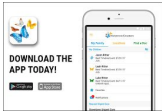







## Beneficial Apps for Children and Youth with Epilepsy

<p>1. <b>HealthUnlocked:</b> a social network service based upon health information. There are over 700 different communities for various conditions, and the service connects you with other people in similar health situations or sharing specific topics of interest. When creating a profile, you can add health conditions, including epilepsy, to make it easier to join communities and connect with other people. If you have health-related topics that you would like to explore this is also an option. (iPhone app)</p>	
<p>2. <b>Seizure Log:</b> a resource for making seizure activity easier to manage by logging and keeping track of information such as description, length, possible triggers, and type of seizure. The app allows you or your family members to record the seizures and share them privately over YouTube with whomever would be helpful. After a video of a seizure is taken, the information will be added to a seizure log you can access whenever necessary. (iPhone and Android app)</p>	
<p>3. <b>Seizure First Aide:</b> app with information on how to react to all types of seizures in real time and the appropriate first aid for seizures. The app allows you or those around you to track the time and length of a seizure, determine the type, and provides a resource for understanding how to respond to seizures. There also are direct links to seizure hotlines or 911 if necessary for a seizure. (iPhone and Android app)</p>	
<p>4. <b>Snug Safety:</b> a check-in service that makes it safer to live alone with medical conditions. The app checks in with you every day to make sure everything is alright, and if you do not check in, it will alert your emergency contacts. If you experience serious seizures but still want to be independent, it is beneficial to have a resource to help ensure your safety and that can also respond to problems you encounter. (iPhone app)</p>	
<p>5: <b>ICE Medical Standard:</b> an app for emergency contact information. You enter the information of your emergency contacts into the app, which then appears on the lock screen of your phone. This allows first responders or other medical personnel to access these emergency contacts in case of an accident by looking at your phone, making it easier for your contacts to receive notice of your status. Also, you can include information on your health conditions and medications you are taking. (iPhone and Android app)</p>	
<p>6: <b>Epilepsy Journal:</b> a resource for documenting information about your seizures, such as when they occur, triggers, type and more. This information is organized into graphs and charts to help show trends and patterns, which can be beneficial to share with your physicians. (Android app)</p>	

<p>7: <b>myChildren's</b>: an app designed to help whole families with managing medical issues, such as tracking regular medications and immunizations. There is also a specialized toolkit designed specifically for patients with epilepsy to make it easier to share information with parents. (Android and iPhone app)</p>	
<p>8: <b>SeizAlarm</b>: an app for people with seizures allowing emergency contacts to be manually notified if you believe you will need help soon, or automatically notified by your phone if seizure-like activity is detected. A single button push is required to receive help in a specific amount of time or immediately. (iPhone app)</p>	
<p>9: <b>Neurology Now</b>: an app for the journal of the American Academy of Neurology, with information on living with epilepsy and stories from people in similar situations involving epilepsy and their families. Articles on treatments, management, and research related to epilepsy are also available and updated frequently. (iPhone and Android app)</p>	
<p>10: <b>Epilepsy Health Storylines</b>: an app for helping manage your epilepsy by tracking seizures and recording the symptoms, severity and mood associated with the seizures. Trends in this information are displayed on the app so you can show your doctor. You can also include information about your medications such as when to take them, the dosage, and set reminders for taking them. (iPhone and Android app)</p>	
<p>11. <b>My Seizure Diary</b>: a platform and app to help with self-management, involving recognizing triggers and health events, tracking seizures and symptoms, and managing medications and various other therapies. Also contains access to seizure response plans and ways to organize your overall health history. (iPhone and Android app)</p>	
<p>12. <b>Texting 4 Control</b>: system for helping manage seizures through phones by receiving reminders about taking medications, recording seizures, injuries, emergency room visits, rescue meds or other issues in a patient diary to share with doctors. Create an account at <a href="http://www.texting4control.com/login.php">http://www.texting4control.com/login.php</a> to access on mobile phones.</p>	

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number H98MC26257, Awareness and Access to Care for Children and Youth with Epilepsy. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.