



Dear Friends & Family Members of LGS Caregivers,

Caring for someone with LGS can be a challenging and isolating experience, both for the caregiver and the person living with the condition. We know it can be hard to understand what we need, and we're so grateful for your support. We'd like to share a few ways you can help us feel more connected and supported.

One thing that could make a big difference is visiting us at home rather than asking us to travel. This small gesture allows us to stay connected without the added stress, and it gives us a chance to be part of our community, even if just for a little while.

We also encourage you to learn about LGS, its seizures, and the additional challenges it brings, such as sleep or behavioral issues. This knowledge can help you respond appropriately if a crisis arises and ease our concerns knowing you're there to support us.

Please understand that caregiving can sometimes mean having to cancel or step back from commitments at the last minute. Health issues can be unpredictable and overwhelming, and we appreciate your patience and understanding during these times.

Another consideration - respecting the dietary needs of the person with LGS is crucial, as many are on medically supervised diets that help manage seizures. If you're hosting, it would bring a great deal of comfort to know that these needs are being respected.

We recognize that this journey is difficult for everyone, and your compassion makes all the difference. We hope these insights help you better understand our daily reality and how you can offer support.

Thank you for your love and understanding.

With Love,

Our LGS Family

