

About your seizures

Epilepsy affects people differently. People who have their seizures controlled with medication may not face any particular risks to their safety. Some people with epilepsy may not want to put safety measures in place, however it can be important to get a balance between making situations safer and freedom of choice. If you have seizures, risks to your safety may depend on:

- the type of seizures you have;
- what happens to you during a seizure and how they affect you; and
- how you feel afterwards.

You might want to use this form as a template to help you to think about what the risks are to you because of your seizures.

You can fill this in yourself, or if you need help, you could ask a friend, carer, or your healthcare professional (such as a GP or neurologist) to help you fill it in. It can help to involve other people so that they can tell you what they see happening to you when you have a seizure.

These are only suggestions and you may want to add your own ideas about risks and what would be helpful for you.

To help you to think about possible risks to your safety at home, and when you are out, you may want to use our additional templates, 'Safety at home' and 'Safety outside your home'.

Visit epilepsysociety.org.uk/safety-and-risk-templates

Further information about safety and risk is available on our website or by calling our helpline.

Your name

Address

.....

Phone

Date of birth

Emergency contact name

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Emergency contact address

.....

.....

Phone

GP's name

Surgery address

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Everyone is different. You may find it helpful to look at your own situation to see what you think the risks are to you because of your seizures.

Epilepsy Society Helpline
01494 601400
Confidential, national call rate.
Information and emotional support.

Things to think about

- What do your doctors call your seizures, e.g. focal, generalised, tonic-clonic, grand mal?
- What do you call your seizures? If you don't know the name of your seizures, you could describe them, or ask someone who has seen your seizures to describe them for you.
- Keeping a seizure diary can help you to record when seizures happen, what they look like, and whether they have a pattern. Visit [epilepsysociety.org.uk/seizure-diaries](https://www.epilepsysociety.org.uk/seizure-diaries)
- If you get a warning before a seizure happens, this might give you time to get to get help or find a safe place.
- What was happening before the seizure started?
- Is there anything that triggers (sets off) your seizures, e.g forgetting to take your medication, tiredness, anxiety, illness, stress, or flickering or flashing lights?

About your seizures

What type or types of seizures do you have?

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Can you describe what happens to you during your seizures?

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How often do your seizures happen?

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If you get a warning (know that a seizure is going to happen), describe what happens.

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Is there anything that triggers (sets off) a seizure for you?

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Things to think about

- Are you able to tell people how they can help you when you have a seizure?
- Do you carry a medical ID card with information about how someone can help you if you have a seizure?
- Is there anything about your seizures that might put you at risk of accident or injury?
- If you take medication, do you know what the possible side effects are?
- To help you to remember to take your medication, some pharmacists can prepare it in blister packs.
- If you need emergency medication, does your carer, family member, or friend know how to give this to you?

Getting help and support

Do you need someone to help you if you have a seizure?

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Have you ever injured yourself during a seizure? (Describe any injury/injuries you have had).

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If you take medication for your epilepsy, how often do you take it?

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Do you have any side effects from your medication? (Describe any side effects that you have).

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Do you have emergency medication to stop prolonged seizures? (Describe where to find details about your medication, for example in your care plan/protocol, and who can give this to you?)

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For a printed copy of this information contact our helpline.

Epilepsy Society
Chesham Lane,
Chalfont St Peter,
Buckinghamshire
SL9 0RJ

Every effort is made to ensure that all information is correct at the time of printing. Please note that information is intended for a UK audience. This information is not a substitute for advice from your own doctors. Epilepsy Society is not responsible for any actions taken as a result of using this information.



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society**