

## Safety outside your home

Epilepsy affects people differently. People who have their seizures controlled with medication may not face any particular risks to their safety.

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 your seizures, and possible risks to your safety when you are out, you may want to use our additional templates, 'About your seizures' and 'Safety at home'.

[Visit epilepsysociety.org.uk/safety-and-risk-templates](https://www.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
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Phone .....
GP's name .....
Surgery address .....
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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.

Epilepsy Society Helpline  
01494 601400  
[helpline@epilepsysociety.org.uk](mailto:helpline@epilepsysociety.org.uk)  
Confidential, national call rate.  
Information and emotional support.

## Going out - things to think about

Think about what the possible risks are for anyone doing the activity

Visit [epilepsysociety.org.uk/sports-and-leisure](https://epilepsysociety.org.uk/sports-and-leisure)

Risks may depend on what your surroundings are like or what the activity is. For example, if you are near water, at a height, or using equipment.

For some activities, simple measures might make them safer. For example, having someone with you who knows how to help you if you have a seizure.

For sporting activities, contact the relevant body for information and safety regulations.

Visit [sportengland.org/our-work/national-governing-bodies](https://sportengland.org/our-work/national-governing-bodies)

For more information about how someone can help you if you have a seizure visit [epilepsysociety.org.uk/firstaid](https://epilepsysociety.org.uk/firstaid)

Some people choose to carry something with them that says they have epilepsy. Medical ID cards or jewellery can have your details on, or a phone number where more information can be given about your medication or who to contact in an emergency. Alarms and mobile phones can be used to track your location.

Call us for a free printed copy of our 'I have epilepsy' ID card, or to download a copy, visit [epilepsysociety.org.uk/medical-id-cards-and-jewellery](https://epilepsysociety.org.uk/medical-id-cards-and-jewellery)

What is the activity? For example, going shopping, visiting friends, doing a sport or activity.

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What is it about your seizures that may put you at risk? You might want to complete our safety and risk template 'About your seizures' to help you with this.

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If you have a seizure, who would be able to help 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**