

## Checking your safety



If your seizures are controlled by treatment, your safety may not be affected. But if you continue to have seizures, safety may be an issue for you. Completing a risk assessment can help you to identify practical ideas to make activities safer.

You can also ask your local social services to complete a free 'home assessment', which looks at your safety at home. Home assessments are usually carried out by an occupational therapist (OT) who will visit you at home.

This might identify the need for safety equipment, such as an alarm or adaptations to your home. Any equipment, recommended in the home assessment, that costs less than £1000 each must be provided free of charge by the local authority.

[Visit nhs.uk/social-care-and-support/care-services-equipment-and-care-homes/home-adaptations/](https://www.nhs.uk/social-care-and-support/care-services-equipment-and-care-homes/home-adaptations/)

If the equipment or adaptation costs more than £1000, you may be able to apply for a disabled facilities grant.

[Visit gov.uk/disabled-facilities-grants](https://www.gov.uk/disabled-facilities-grants)

If you have care or supervision needs you can ask social services for a free 'care needs assessment' (sometimes called a 'needs assessment').

[Visit nhs.uk/social-care-and-support/help-from-social-services-and-charities/getting-a-needs-assessment/](https://www.nhs.uk/social-care-and-support/help-from-social-services-and-charities/getting-a-needs-assessment/)

Some people with epilepsy find it helpful to consider an alarm, or monitor, that can alert family or friends when someone has a seizure.

## Bed alarms, fall call alarms, and personal alarms

There are different types of alarm for different types of seizure. Some are set off when someone falls in a seizure or has a convulsive seizure in bed. Others can be set off by the person themselves if they feel a seizure coming on. Some alarms pick up changes in the heart rate that may be associated with seizures.

Living Made Easy provide independent advice and supplier information for bed seizure alarms, 'fall call' and personal alarm systems, including devices that use global positioning satellites (GPS) or mobile phone technology to locate a person.

[Visit livingmadeeasy.org.uk](https://www.livingmadeeasy.org.uk)

### VAT exemption

You may not need to pay VAT on a seizure alarm system or other safety equipment if you say it is for someone with epilepsy.

[Visit gov.uk/guidance/vat-relief-on-certain-goods-if-you-have-a-disability](https://www.gov.uk/guidance/vat-relief-on-certain-goods-if-you-have-a-disability)

### Can I get funding for an alarm or monitor?

Alarm systems can be expensive but may be available through housing associations or social services departments, and are sometimes called community alarms, 'Lifeline' or Telecare systems.

Charges for community alarms vary from one authority to another, and also vary according to the service provided.

If you are not eligible for a disabled facilities grant, some charities provide free monitors, or grants to help you to pay for them. You may need to complete an application form to check that you are eligible.

[The Daisy Garland](#) - this charity offers grants for night time epilepsy monitors for children with uncontrolled epilepsy.

[Dravet Syndrome UK](#) - provide various grants and funding for families, where someone in the family has a diagnosis of Dravet Syndrome, including access to seizure monitors.

Helpline 0300 102 0024  
Confidential, information, and  
emotional support.  
Visit [epilepsysociety.org.uk/helpline](https://www.epilepsysociety.org.uk/helpline)  
for opening hours.

**Family Fund** - is a grant-making charity for families raising a disabled or seriously ill child, on a low income.

**Hospital Saturday Fund** - provides assistance and grants for health charities, hospices, medical organisations, and individuals with a medical condition or disability.

**Independence at Home** - provides grants to people of all ages who have a physical or learning disability, long-term illness, and are in financial need. They welcome grant applications from Referrers - health or social care professionals, or advisors or support workers. They do not accept applications directly from individual members of the public.

**Turn2us** - has a 'Grants Search' tool to help you find funding that you may be eligible for.

## Further information

### NHS

[nhs.uk/social-care-and-support/care-services-equipment-and-care-homes/personal-alarms-security-systems-and-keysafes/](https://www.nhs.uk/social-care-and-support/care-services-equipment-and-care-homes/personal-alarms-security-systems-and-keysafes/)

For further information on alarms and key safes.



Every effort is made to ensure that all information is correct at the time of publishing. 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.

For a printed copy of this information contact our helpline.

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