

risk assessment

About your seizures



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. Some people 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.

This form can help you to think about what the risks are to you because of your seizures. As your epilepsy can change over time, you may need to re-assess your situation at a later date. You can fill this form 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. It can help to involve other people so that they can tell you about 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 what would be helpful for you. To help you think about possible risks to your safety at home and when you are out you may want to use our additional risk assessment forms, 'Safety at home' or 'Safety outside your home'.



When you see this symbol it means further information is available on our website or by calling our helpline.

About you

Your name

Address

.....

Telephone

.....

Date of birth

Emergency contact's name

Emergency contact's address.....

.....

Telephone

Your GP's name

Surgery address

www.epilepsysociety.org.uk



Epilepsy Society, Chesham Lane
Chalfont St. Peter, Bucks SL9 0RJ
Epilepsy Society is the working name for The National Society for Epilepsy,
registered charity number 206186

helpline

01494 601 400
Monday to Friday 10am to 4pm
(national call rate)

About your seizures

What type or types of seizures do you have?

(If you have more than one type of seizure, you can fill in the details on the next page).

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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

- What do your doctors call your seizures, e.g. tonic clonic, grand mal?
- What do you call them?
 [See our leaflet *seizures*.](#)
- If you don't know the name of your seizures, you could describe them, or perhaps ask someone who has seen you have them to describe them for you.
- Keeping a seizure diary can be a useful way to record when seizures happen, what they look like and whether they have a pattern.
 [Call Epilepsy Society for a free *seizure diary*.](#)
- If you get a warning before a seizure happens, this might give you time to ask for 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 your medication, feeling tired, anxious, ill, stressed, or flickering or flashing lights?

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More about your seizures?

Do you need someone to help you?

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Have you ever injured yourself during a seizure? (Describe your injury/injuries)

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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 that someone else gives you to stop prolonged seizures?

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Things to think about

- Are you able to tell people how they can help you when you have a seizure?
- Would it help to carry a medical ID card, with information about how someone can help you if you have a seizure?
 [See our factsheet *medical jewellery and ID cards*.](#)
- Is there anything about your seizures that might put you at risk of accident or injury?
- You might want to keep your medication in a drug wallet that has different containers for each day of the week.
 [See our factsheet *drug wallets and medication aids*.](#)
- Some pharmacists can prepare your medication in blister packs to help you to remember to take your medication.
- Do you know how your medication works?
- If you take medication, do you know what the possible side effects are?
- Would you like further information about your medication?
 [See our leaflets *medication for adults or medication for children*.](#)
- If you need emergency medication, does your carer, family member or friend know how to give the medication to help you?