

safety and risk template

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'.

Further information is available online 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

helpline

01494 601 400

Monday and Tuesday 9am to 4pm, Wednesday 9am to 7.30pm.

Confidential. National call rate.

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epilepsysociety.org.uk



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Registered charity number 206186

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?

See our leaflet *seizures* or visit epilepsysociety.org.uk/seizure-types

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.

Call us for a free *seizure diary* or visit epilepsysociety.org.uk/seizure-diaries to download an A4 version.

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?

See our factsheet *recording seizures* or visit epilepsysociety.org.uk/how-epilepsy-diagnosed

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?

(If you have more than one type of seizure, use the next page to add another type of seizure).

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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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.....

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about your other 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?

Would it help to carry a medical ID card, with information about how someone can help you if you have a seizure?

Call us for a free *'I have epilepsy'* ID card.

Is there anything about your seizures that might put you at risk of accident or injury?

Some pharmacists can prepare your medication in blister packs to help you to remember to take it.

See our factsheet *making the most of your pharmacist* or visit epilepsysociety.org.uk/making-most-your-pharmacist

Do you know how your medication works?

If you take medication, do you know what the possible side effects are?

See our booklet *medication for epilepsy* or visit epilepsysociety.org.uk/antiepileptic-drugs

If you need emergency medication, does your carer, family member or friend know how to give this medication to you?

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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