

safety and risk template

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. 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 your seizures, and possible risks to your safety at home, you may want to use our additional templates, 'About your seizures' and 'Safety at 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.....
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Telephone
Your GP's name
Surgery address

helpline

01494 601 400

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

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going out – things to think about

Think about what the possible risks are for anyone doing the activity, what your seizures are like and how they affect you.

See our leaflet *leisure* or visit epilepsysociety.org.uk/leisure-time-and-epilepsy

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 governing body for information and safety regulations.

Visit sportengland.org/our-work/national-governing-bodies For more information about how someone can help you if you have a seizure see our leaflet *first aid* and our factsheet *the recovery position* or visit epilepsysociety.org.uk/first-aid

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.

Visit epilepsysociety.org.uk/medical-id-cards-and-jewellery to download our 'I have epilepsy' ID card, or call us for a free printed copy. For more information on alarms visit livingmadeeasy.org.uk

About the activity - what is the activity for example, going shopping, visiting friends, doing a sport or leisure activity?

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What is it about your seizures that may put you at risk? You might want to complete our risk assessment form '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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