

# Managing Epilepsy Guide

This playbook provides a guide for seizure control and enhancing safety for individuals with epilepsy. It focuses on medication adherence, recognizing seizure triggers, and ensuring a safe living space.

## Step 1: **Medication Adherence**

Ensure the individual with epilepsy strictly follows the prescribed medication regimen. This includes taking the correct dosages at the prescribed times without missing any doses, and consulting healthcare professionals before making any changes.

## Step 2: **Identify Triggers**

Work with the individual to recognize and document potential seizure triggers such as lack of sleep, stress, flashing lights, or specific foods and drinks. Maintaining a diary can help in identifying patterns and triggers for seizures.

## Step 3: **Safe Environment**

Modify the living space to minimize injury during a seizure. This could include placing padding on sharp corners, securing rugs to prevent slips, ensuring good lighting, installing safety gates if there are stairs, and keeping emergency numbers accessible.

## Step 4: **Education**

Educate family members, friends, and caregivers on epilepsy, seizure recognition, and the proper emergency response. Ensuring that

everyone in the individual's support network is informed and prepared can greatly increase safety.

## **General Notes**

### **Medical Consultation**

Encourage routine medical consultations to monitor the individual's condition and adjust medications or treatment plans as necessary.

### **Emergency Plan**

Develop an emergency action plan that includes clear instructions on what to do during a seizure, who to contact, and how to provide post-seizure care.

### **Support Networks**

Consider joining support groups for individuals with epilepsy and their families to share experiences, find encouragement, and learn from others who are facing similar challenges.