

# Talking about Epilepsy in the Workplace



To increase your chances of feeling happy and secure in your job, you should:

- *Understand if/when/how you need to tell your employer about your epilepsy.*  
Consider whether you are required to (or want to) tell your boss and/or co-workers about your epilepsy. There could be good reasons for telling them – you might need workplace adjustments to do your job, or some additional support from your co-workers when you have a seizure. It all depends on your situation. To learn more about whether you need to tell them, how to go about it, and the laws that protect you, click on the link below to read the guide about disclosing your epilepsy.

## [Disclosing your epilepsy](#)

- *Know your rights and responsibilities.*  
Your rights in the workplace are protected under workplace and anti-discrimination law. While not everyone with epilepsy will identify as having a disability, the broad legal definition of ‘disability’ helps ensure that you are protected from unfair treatment. The law says that people can’t discriminate against you because of their assumptions about your epilepsy, learning difficulties you might experience, and a variety of other reasons.

If you need some free legal advice for your situation, you may be eligible for support from [community law](#), they may also have a disability advisor.



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