

# Staying safe

Regardless of what stage of life you are at, epilepsy involves managing some risks that are specific to your situation. This means sharing information about your epilepsy and having strategies in place for seizure management. Think about what people need to know in order to be able to support you.

For further information related to being safe and managing risk, see our sections on:

- [Seizure first aid](#), for resources that explain (in general terms) what to do when someone is having a seizure
- [Medical alerts](#), which you can use to let people know that you have epilepsy
- [Seizure Management Plan \(SMP\)](#), which are individualised documents that communicate your specific seizure support needs
- [Emergency Medication Plan \(EMP\)](#), which are plans organised with your doctor that detail how your emergency medication (if you have been prescribed some) should be administered
- [Recording seizures and seizure diaries](#), where you can find a range of tools and suggestions for managing and keeping a record of your seizures.

A diagnosis of epilepsy does not have to mean you are always restricted in participating in life – it just means you have to take certain precautions, as well as plan ahead.

You might be worried about falling in public and getting hurt as a result of your seizures. This is perfectly understandable, as recovering from falls can be harder for people as they get older. You might also be concerned that people will not know that you have epilepsy, or will not know how to support you.

A [risk management](#) approach should be taken to prevent falls where possible, to help increase confidence, maintain independence and to ensure that you can live safely in the community.

It is best to see a doctor if there are any signs of changes in balance and mobility. Home assessment, assistive aids or protective wear may be recommended by the doctor.



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