

# Safety and Risk Management

Life for people who live with epilepsy is about balancing risk with what they want to do in order to live a fulfilling life. As epilepsy is very individualised, the risk and safety matters vary considerably between people and can often depend upon:

- Age – infants, children and older people tend to be more susceptible to falls and accidents
- [Types of seizures](#) – severity of seizures, seizure clusters, frequent seizures or seizures which include falls
- [Medication](#) – ASMs may be associated with side effects, such as increased risk of osteoporosis
- [Disability](#) – living with other disabilities may include use of mobility aids and/or comprehension issues
- [Engaging in high risk activities](#) – consuming alcohol or illicit drugs, or taking part in high-risk sports.

Some videos on tips for balancing your life, courtesy of the Epilepsy Foundation Australia.

[Managing epilepsy safely at home.](#)

[Epilepsy Risks, Safety and Lifestyle.](#)



0800 37 45 37



[national@epilepsy.org.nz](mailto:national@epilepsy.org.nz)



[www.epilepsy.org.nz](http://www.epilepsy.org.nz)