EPILEPSY NEW ZEALAND
Kia titiro ki te tangata | See the person

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, courtesey of the Epilepsy Foundation Australia.

Managing epilepsy safely at home.

Epilepsy Risks, Safety and Lifestyle.