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

Staying healthy and active

In conjunction with the treatment prescribed by your doctor, maintaining a healthy lifestyle is fundamental to managing your epilepsy in your later years. This includes maintaining a good diet, getting adequate sleep, and limiting the amount of alcohol you consume.

A healthy lifestyle also includes a decent amount of stimulating activity. Staying active does not just mean physical activity; it can mean participating in a variety of social, cultural and spiritual activities that enrich your life and wellbeing.

Activities such as walking, stretching, yoga, Tai Chi, and dance can help an older person maintain a good level of fitness. A 20-30 minute walk every day is ideal exercise for maintaining a good level of fitness. If this is too much to begin with, it can be broken up into two or three 10 minute walks. But before commencing any activities it may be a good idea to speak with your doctor or any other supporters to ensure you are safe.

Mental health is also very important and an important part of maintaining a healthy self-image. Talking to a doctor and family or friends about what is happening, and how living with epilepsy impacts your life, is the first step in looking after mental health.

You might also like to seek opportunities for creativity and artistic self-expression. Local community centres often provide low-cost and even free workshops and ongoing programs, where you can learn new skills, socialise and express yourself.

Useful New Zealand Websites

Super Seniors Get ideas, inspiration and motivation on how to stay fit and active in your senior years.

A Green Prescription (GRx) is a health professional's written advice to a patient to be physically active, as part of the patient's health management.

Live Stronger For Longer – Resources to exercise safely at home

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