

Social and Family Life



In this section we cover a range of topics related to social and family life. We look at relationships and sexuality, coming to terms with your diagnosis, and talking about your epilepsy with others.

There is plenty of information about epilepsy in relation to different areas of life, including physical activity, travel, transport, and relationships.

You might not be a person living with epilepsy; you might be visiting as a concerned family member, friend, employer or carer. Whatever your situation, we hope the information in this section will be useful to you in understanding and supporting a person living with epilepsy.

