

# Epilepsy and Seizure Management Tools

There are a range of tools available, many of which are free, to help people manage epilepsy and seizures. These tools can help ensure your needs are met in a seizure emergency. They can also help you record and keep track of seizures for better seizure control, care and well-being.

This section discusses some of the tools that are available, with links to examples. You can have a chat with your healthcare team and trusted people in your life to discuss which tools might be right for you.

Whether you are a person living with epilepsy, care for someone who does, or are an interested community member, we hope that you find this information useful.

## Recording Seizures and Seizure Diary

<https://epilepsy.org.nz/understanding-epilepsy/epilepsy-and-seizure-management-tools/recording-seizures-and-seizure-diaries/>

## Safety Aids

<https://epilepsy.org.nz/understanding-epilepsy/epilepsy-and-seizure-management-tools/safety-aids/>

## Seizure Alarms, Monitors & Devices

<https://epilepsy.org.nz/understanding-epilepsy/epilepsy-and-seizure-management-tools/seizure-monitors-devices/>

## Seizure Alert Dogs

<https://epilepsy.org.nz/understanding-epilepsy/epilepsy-and-seizure-management-tools/seizure-alert-dogs/>

## Seizure Management Plans

<https://epilepsy.org.nz/understanding-epilepsy/epilepsy-and-seizure-management-tools/epilepsy-plans/>



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