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

Safety Aids

MEDICAL ID WRISTBAND/BRACELET/CARD

You might consider using a medical ID wristband/bracelet/card to let people know you have epilepsy, as well as provide other useful information to assist you in an emergency. For example, if you have a seizure in a public place, people can use the contact details on the ID to get more information about you and your epilepsy. This is a source of comfort for many people with epilepsy and those who support them, who may worry about possible situations where nobody knows what to do in the event of a seizure.

Some organisations that sell or offer medical alert bands/wallets/cards also offer a membership system, where your medical information is stored in a database, which may be accessible by emergency services and healthcare professionals in an emergency. MedicAlert is one example used widely in New Zealand.

Other companies offer USB-based 'dog tag' medical IDs, where your healthcare and emergency contact details are stored locally on a small hard drive.

Some medical alerts use near-field communication (NFC) technology, which is most commonly seen in services such as contactless payment and mobile ticketing systems, to allow third parties (such as emergency services) to access healthcare information from a wearable device.

Epilepsy New Zealand occasionally gets funding to resource silicone alert bands. Phone us on 0800 374537 (Office Hours) to see if we have any in stock that we can send to you for free. **These bands are not recognised or connected to any medical services** but can be used to inform members of the public about your condition; should you have a seizure whilst out.

HELMETS

Helmets can be a helpful tool to assist in reducing head injuries during a seizure. Always speak to your specialist or an occupation therapist about the type of helmet that will be suitable for your needs.

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