

Example Epilepsy Care Plan

created by the Epilepsy12 Youth Advocates to help, children, young people, families and workers to make epilepsy care plans personal and relevant.

Think about making your care plan template visual, interesting and one that includes the topic information below:

About me

Name/pronouns:

Age:

Likes:

Dislikes:

Allergies:

My epilepsy

What happens:

Seizure length:

Rescue Medicines:

How to help

What to do:

Who to call:

When to call them:

What not to do:

What to expect after my seizure:

Add in extra information about your triggers, recovery, likes, dislikes, hopes and fears about seizures or living with epilepsy e.g. I'll struggle with homework or classes if I have night seizures

From the Epilepsy12 Youth Advocates:

Why care plans are important



- Helping people with epilepsy is a big deal and that is why I do this and want to improve care plans for all
- It reassures you that the school have all the information they need, in one place that everyone can access - no one has to try to remember it from meetings and you don't worry they've missed information
- It stops it from being the responsibility of the child or young person to always remember and explain everything
- The success of a care plan is it's simplicity and being easy to understand

Why they need to be personal

- It would be good if the care plans grow with you as you move through school / college/ uni / work and match your age and stage
- It has to get updated regularly to really be about you now , not who you were 3 years ago!
- The care plan is like a really good checklist for a stranger to save your life, so make sure it is about you and helps them to help you!



Getting started

- Do more whole school awareness sessions about epilepsy and individual school healthcare plans
- Think about supporting children and young people from the whole school to research and create epilepsy awareness resources for others
- Remember this can help everyone who experiences a seizure - involve them all!