**![C:\Users\Student\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\XUTVP4JV\44078[1].png]()**

Place Image Here

**Epilepsy: Know Me, Support Me**

 **Epilepsy Management Plan**

|  |
| --- |
| Name of person living with epilepsy:  |
|  |
| Date of birth: text | Date plan written: text | Date to review: text |

|  |  |
| --- | --- |
| A grey and white symbol  Description automatically generated with medium confidence | 1. **General Information**
 |

|  |  |
| --- | --- |
| Medical Information Located:  | text |
| Epilepsy Management Plan Located**:**  | text |
| Medical Conditions (is epilepsy the primary or a secondary diagnosis):  | text |
| Medications:  | text |

|  |  |
| --- | --- |
|  | 1. **Has emergency epilepsy medication been prescribed? Yes** [ ]  **No** [ ]
 |
|  If yes, the medication authority or emergency management plan must be attached and followed, if you are specifically trained. |
|  |
|  |
| Emergency Medication Management Plan Location: text |
| Current Weight: text |

|  |  |
| --- | --- |
|  | **3. My seizures are triggered by:** |
|  For example, heat, light, being unwell, fatigue. |
|  |
| text |

|  |  |
| --- | --- |
|  | **4. Changes in my behaviour that may indicate a seizure could occur:**   |
|  For example, pacing, sad, irritability, poor appetite, usually very mobile but now sitting quietly |
|  |
| text |

|  |
| --- |
| **5. My seizure description and seizure support needs:**   |
|  Complete a separate row for each type of seizure – use, brief concise language to describe each seizure type |
| **Description of seizure** Make sure you describe what the person looks like before, during and after and if they typically occur in a cluster | **Typical duration of seizure**seconds/minutes | **Usual frequency of seizure**In terms of seizures per month, per year, or per day | **Is emergency medication prescribed for this type of seizure?** | **When to call an ambulance** If you are trained in emergency medication administration refer to the EMMP and the medication authority |
| text | text | text | Yes [ ]   No [ ]  | If you are untrained in emergency medication call ambulance when:text |

|  |  |
| --- | --- |
| A grey hand with a lightning bolt  Description automatically generated | **6. How I want to be supported during a seizure:** |
| Specify the support needed during each of the different seizure types. If you are ever in doubt about my health during or after the seizure, call an ambulance. |
| **Seizure Type** | **Support Needed** |
| text | text |

|  |  |
| --- | --- |
|  | **7. My specific post-seizure support:** |
| State how a support person would know when I have regained my usual awareness and how long it typically takes for me to fully recover. |
| **Seizure Type** | **Post-Seizure Behaviour** | **Support Needed** |
| text | text | text |

|  |  |
| --- | --- |
| A triangle with a exclamation mark  Description automatically generated | **8. My risk/safety alerts:** |
| For example, bathing, swimming use of helmet, mobility following seizure. |
| **Risk** | **What will reduce risk for me** |
| text | text |

|  |  |
| --- | --- |
| C:\Users\Student\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\MNTELR76\768px-Red_Silhouette_-_Hand_Shaking.svg[1].png | **9. Do I need additional support: Yes** [ ]  **No** [ ]  |
| If yes describe, for example, wheelchair, supervision with stairs, non-verbal. |
| text |

|  |
| --- |
| **This plan has been co-ordinated by:** |
| Name: | text |
| Organisation: | text |
| Telephone numbers: | text |
| Association with person:For example, treating doctor, parent, case manager. | text |

|  |  |
| --- | --- |
| Individual’s signature: textParent/Guardian if under 18 | Date: text |

|  |
| --- |
| **Primary contact:**  |
| Name:text | Relationship: text |
| Telephone:text |

|  |  |
| --- | --- |
|  | **Endorsement by medical practitioner:** |
| Your medical practitioner’s name:text |
| Telephone:text |

|  |  |
| --- | --- |
| Prescribing medical practitioner’s signature:textParent/Guardian if under 18 | Date: text |
|  |  |

PO Box 1834, Launceston TAS 7250

2 Willis St, Launceston TAS 7250

1-7 Liverpool St, Hobart TAS 7000

**P:** 1300 852 853 or 03 6344 6881

education@epilepsytasmania.org.au

[**www.epilepsytasmania.org.au**](http://www.epilepsytasmania.org.au)

