

Epilepsy Wellness Matters

Living with epilepsy is about more than managing seizures - it's about prioritizing wellness, improving safety, mental health, and independence while empowering you to live a fuller, more confident life.

You do NOT have to navigate this journey alone!

Know Your Rights

You are protected under the Americans with Disabilities Act (ADA) and can't be denied care, education, or employment because of epilepsy.

Medications

If insurance denies your seizure medication, you have the right to appeal.

Support Group

Joining a support group connects you with others who understand epilepsy, offering encouragement, shared experiences, and practical tips for daily life.

Explanations Matter

Ask providers to explain medications, side effects, and seizure triggers in plain language. Request written instructions when possible.

Seizure Action Plan

Bring a copy of your Seizure Action Plan (SAP) to appointments or hospital visits.

It ensures your care team understands your needs during an emergency.

Provide your SAP to your employer, school, or support team so they know how to help and advocate for you during and after a seizure.



Ask for Accommodations

These may include:

- Dimmed lighting
- Screen modifications
- Rest or recovery area
- Seizure first aid staff training
- Modified duties during peak heat times

Medical Alert

Ask about medical alert ID options or seat belt covers to identify that you have epilepsy.

Documentation

Between appointments, keep a seizure log and record seizure triggers and frequency.

Managing Epilepsy Well

Managing Epilepsy Well programs such as UPLIFT, PACES, and HOBSCOTCH can support your goals!