

Fact Sheet 9

Keeping Safe – Living With Epilepsy

The home is the most common place for seizure-related accidents, followed by street and workplace accidents.

The following information is designed to help identify the most appropriate safety measures for you.

In the bedroom

- Have a low bed
- Don't place the bed against the wall or near other furniture
- Place protective cushions around the bed
- Pad sharp-edged furniture

These measures are suitable for people with nocturnal seizures or for children with epilepsy.

In the bathroom

- Have someone near you to help
- Hinge the door outwards
- Shower if possible, sit on a seat
- Shower screens should be made of safety glass, or use a curtain
- Preferably no shower tray
- Don't lock the door, hang up an "Occupied" sign
- Reduce the water temperature
- Only have a shallow bath

In the lounge

- Avoid hard floor surfaces
- Place fire guards around open fires and heaters
- Pad hard-edged surfaces
- Avoid having trailing flexes
- Use toughened glass on doors and window

In the kitchen

- Microwaves are safer than stoves/ovens
- Turn pot handles away from stove edge
- Carry plates to the stove, not hot pots to the table
- Use a toaster, not a grill
- Install smoke detectors
- Visit “Life Unlimited” for safety aids

But accidents do happen

- Do the best you can to avoid injuries in and around the home
- Use an alarm if worried about personal safety

NOTE: People can die from epilepsy, but uncommonly. The occurrence is typically referred to as SUDEP (Sudden unexpected death by epilepsy).