

# risk assessment

## Safety outside the home



Epilepsy affects people differently. People who have their seizures controlled with medication may not face any particular risks to their safety. If you have seizures risks to your safety may depend on the type of seizures you have; what happens to you during a seizure and how they affect you; and how you feel afterwards. Some people with epilepsy may not want to put safety measures in place, however it can be important to get a balance between making situations safer and freedom of choice.

This form can help you to think about what the risks are to you because of your seizures. As your epilepsy can change over time, you may need to re-assess your situation at a later date. You can fill this form in yourself, or if you need help you could ask a friend, carer or your healthcare professional (such as a GP or neurologist) to help you fill it in. It can help to involve other people so that they can tell you what they see happening to you when you have seizures.

**These are only suggestions and you may want to add your own ideas about what would be helpful for you.** To help you think about possible risks to your safety at home and when you are out you may want to use our additional risk assessment forms, 'About your seizures' or 'Safety at home'.



**This symbol means further information is available on our website or by calling our helpline.**

Your name .....
Address .....
.....
Telephone .....
.....
Date of birth .....

Emergency contact's name .....
Emergency contact's address.....
.....
Telephone .....
Your GP's name .....
Surgery address .....

## helpline

01494 601 400

Monday to Friday 9am to 4pm, Wednesday 9am to 8pm.

Confidential. National call rate.

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[www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)



Epilepsy Society, Chesham Lane  
Chalfont St. Peter, Bucks SL9 0RJ

Epilepsy Society is the working name for The National Society for Epilepsy,  
registered charity number 206186

## About the activity you want to do

What is the activity for example, going to the shops, visiting friends, doing a sport or leisure activity?

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What is it about your seizures that may put you at risk? (you might want to complete our risk assessment form 'About your seizures' to help you with this).

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If you have a seizure, who would be able to help you?




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## Things to think about

- It can be helpful to think about what the possible risks are for anyone doing the activity, what your seizures are like and how they affect you.  
 [See our leaflet \*leisure\*.](#)
- Possible risks may depend on what your surroundings are like, or what the activity is. For example if you are near water, at a height or using equipment.  
 [See our leaflet \*risk\*.](#)
- For some activities, simple measures might make them safer. For example, having someone with you who knows how to help you if you have a seizure.  
 [For more information about how someone can help you if you have a seizure see our leaflet \*first aid\*, our factsheet \*the recovery position\* or visit \[www.youtube.com/epilepsysociety\]\(http://www.youtube.com/epilepsysociety\)](#)

