LET'S TALK SEIZURES

LET'S TALK:
CHOOSING CARE PARTNERS

Everyone living with epilepsy should have a care partner—not just at home, but also at work and at school.

For your own safety, it's important to have someone close by who knows what to do in case of a seizure. Here are some ideas on how to start the conversation.

STEP
1

Choose a good care partner

Think about where you spend the most time

- Consider choosing a care partner wherever think you might need one, whether at work, at school, or away from home
- Look for an adult who is responsible, reliable, and capable—someone you can trust

Familiarize yourself with seizure first aid to help decide who would be the best person to ask

- Find seizure first aid information here (www.cdc.gov/epilepsy/about/first-aid.htm)

STEP
2

Start the conversation

Ask to meet somewhere you can talk in private

- If you're uncomfortable giving a reason, you can say, *"I'd like your input on something personal"*

You may feel awkward beginning the conversation, so prepare an opening ahead of time. You might say something like:

- *"Maybe you noticed I've been absent a few days this month"*
- Or *"Have you ever known anyone with epilepsy?"*

Stay positive, try to sound relaxed

After you've broken the ice, you'll find it's easy to continue

SEE STEPS 3-6 ON NEXT PAGE

STEP
3

Explain why you need a care partner

You can say, *"I have epilepsy, and it's possible that I might have a seizure sometime when you're around"*

Then ask, *"Are you willing to learn seizure first aid so you can help me if that happens?"*

STEP
4

Get down to specifics

The first question will most likely be, *"What will I have to do?"*

Don't overwhelm them with details; offer a few facts about basic seizure first aid

- Find seizure first aid information here (www.cdc.gov/epilepsy/about/first-aid.htm)

Don't pressure for an answer right away. Arrange to meet again in a few days

STEP
5

Follow-up

If they say no, thank them and ask someone else

If they say yes, offer to answer any questions they may have

Tell them what signals to watch out for, what a seizure looks like, and what they should be prepared to do

Tell them how to learn more online. You might suggest www.epilepsy.com

STEP
6

Expand your care circle

It's a good idea to have more than one care partner

- Care partners will be more willing to accept the role if they know the responsibility is shared
- If more people know about seizure first aid, more people will be prepared to help you
- You may want care partners for different aspects of your life

Consider talking to Human Resources, the school nurse, or Campus Health Services about an epilepsy awareness program

- They may be able to recruit and train care partners for you
- You might also ask them to display a seizure first aid poster in a common space

Once you start sharing outside the home, you may be surprised to see how many people are ready to join your circle of support.

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