

WOULD YOU KNOW WHAT TO DO if faced with someone experiencing a Tonic-clonic seizure? (Grand Mal)

A Tonic-clonic seizure is one that many people will conjure up in their minds when someone mentions Epilepsy. When experiencing this type of seizure, the person may go stiff, lose consciousness, fall to the floor and begin to jerk or convulse. They may also look a little blue around their mouth. Tonic-clonic seizures can last a few minutes. You may feel helpless witnessing this situation, but there **ARE** things that you can do to help.

Take ACTION!

ASSESS THE SITUATION

Are they in danger of injuring themselves? Remove anything nearby that could cause injury.

CUSHION THEIR HEAD

Use a jumper, for example, to protect their head.

TIMECHECK

If the convulsion lasts longer than **5 minutes**, call an ambulance.

IDENTITY

Look for a medical bracelet or ID card. It may give you information about the person's seizures and what, specifically, to do.

OVER

Once the seizure is over: put them on their side in the recovery position; stay and be reassuring as they come round.

NEVER

Restrain the person. **DO NOT** put something in their mouth, or try to give them food or drink.



The Meath firmly believes...

that Epilepsy should not mean being treated differently. The residents are supported by the community to achieve all that life can offer.

We provide a pathway of care and support for people with complex epilepsy, additional learning and physical disabilities. It's a place where some amazing possibilities exist empowering people to achieve personal goals, whatever challenges they face, and to fulfil their own potential.

Our Medical Health team comprises:

- ◆ Epilepsy Nurse Consultant
- ◆ Epilepsy Liaison Nurse
- ◆ Medical Health Nurse
- ◆ Physiotherapist
- ◆ Occupational Therapist
- ◆ Twice weekly GP

If you would like to know more, then come and have a chat. It doesn't cost anything to talk but it may just make all the difference!



Tel: 01483 415095 or email info@meath.org.uk



Meath Epilepsy Charity

Westbrook Road, Godalming, Surrey GU7 2QH
Registered Charity No 200359
www.meath.org.uk

the *Meath*
epilepsy charity



Epilepsy

The Meath has a long history of caring for and supporting people with complex Epilepsy and a range of disabilities

But...
**HOW MUCH DO YOU
REALLY KNOW ABOUT
EPILEPSY**



Since August 1892, there has been an organisation in Godalming that has cared for and supported people living with complex epilepsy. The Meath Epilepsy Charity has an extraordinary history, and an even more exciting future, assisting people to manage their epilepsy and any associated disabilities they may have in order for them to live safe, happy and fulfilled lives.

But... just how much do you *actually* know about **EPILEPSY** and the impact that it may be having on your colleague or neighbour day to day?



The Meath Epilepsy Charity...
offering a world of possibilities

ONE PERSON in every 100 people you meet across the UK is affected by Epilepsy

That's around 600,000 people; lots of neighbours and colleagues. A further **87** people will have been diagnosed with Epilepsy by the end of today. The good thing is that 45 of that number will become seizure free, and a further 16 could, with the right medication and treatment.

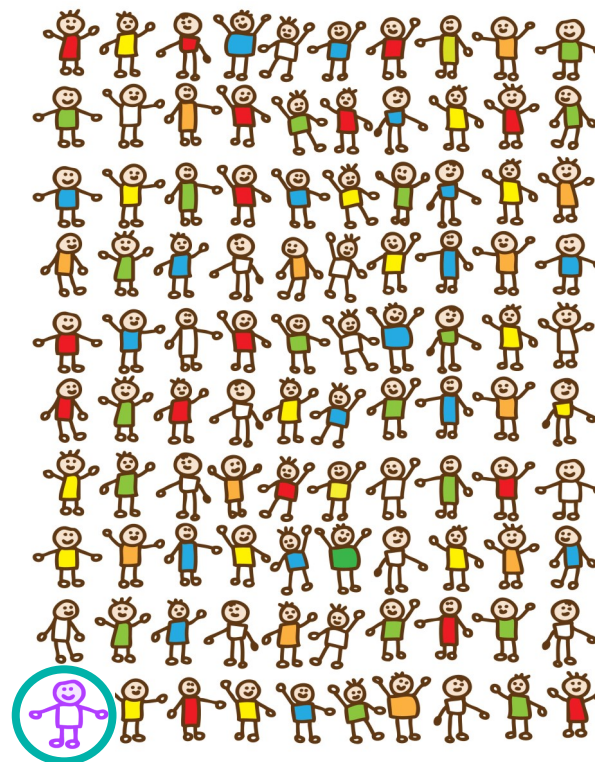
However, up to a third of those 87 diagnosed, current medication and treatment will *not* stop their seizures and they may need more support. The Meath is here to provide that support, in order for them to live successfully.

EPILEPSY can affect anyone, at any age, and from every walk of life

It is a neurological condition, described in simple terms as the tendency to have unprovoked recurrent seizures. There **are many** different types of seizure, and people with Epilepsy may experience more than one type.

The most common time to contract epilepsy is 65 years and over, due to stroke or dementia, but children and young people can frequently be affected due to genetic or secondary reasons such as a head injury, meningitis, difficult birth or learning disability.

Whatever the age, it worries the Meath that people are still discriminated against, purely because of ignorance about what Epilepsy is and what to do!



EPILEPSY is a condition, and not an illness, so you will not 'catch it', as you would a cold or a more serious viral disease.

With the right medication, support and some basic safety measures applied, many people with Epilepsy can do and achieve much of what everyone else takes for granted in life. Certainly at the Meath, we focus on the person first and foremost and aim to help each and every one to set their sights on personal ambitions and to overcome some of the incredibly difficult challenges they face each day.