

How to help someone experiencing a Tonic-Clonic Seizure...



When experiencing a Tonic-Clonic seizure the person may go stiff, lose consciousness, fall to the ground and begin to convulse. They may also go blue around their mouth and if you're witnessing this you may feel scared. However, there are some simple things to know and do that can make the person safe. Here is how to take ACTION:

Assess the Situation: Are they in danger of injuring themselves? Remove anything that could cause injury.

Cushion Their Head: Use a coat or handbag to protect their head.

Time check: If the convulsion lasts longer than 5 minutes an ambulance must be called.

Identity: Look for a medical bracelet or ID card. It may give you information about the persons seizures and what specifically to do.

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

Never: restrain the Person, put anything in their mouth or try to give them food or drink during a seizure.



Residents at the Meath live with complex epilepsy and associated disabilities and are supported to live as independently as possible through a pathway of care and support.

Amazing possibilities exist at The Meath, thanks to the caring and encouraging staff, volunteers and residents who all recognise ability not disability and celebrate all achievements.



Our Services include:

- Epilepsy Nurse, Medical Health Nurse and twice weekly dedicated GP visits.
- Physiotherapy & Occupational Therapy.
- Comfortable accommodation with 24 hr care.
- Dedicated Skills Centre with gym, pottery and cookery room, I.T Suite and full programme of activities.
- Wide range of on and off site activities including our exciting high street social enterprise 'Changing Perceptions'.



the *Meath*
epilepsy charity

About Epilepsy



The Meath cares for and supports people with complex Epilepsy and associated disabilities.

Here is our brief guide to Epilepsy and how you can help someone who is having a seizure.

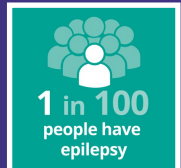
The Meath Epilepsy Charity, Westbrook Road,

Godalming, Surrey, GU7 2QH

Registered Charity No:

200359

www.meath.org.uk



The Meath cares for and supports people living with complex epilepsy and associated disabilities in order to enable residents to live safe, happy and fulfilled lives as independently as possible. The vast majority of people who live with epilepsy are able to manage their epilepsy with medication and live independently at home, but it is common for epilepsy to present some major challenges and lifestyle changes.



What is Epilepsy?

Epilepsy is not a disability or a mental health condition. However a person who has complex epilepsy may also have an associated disability. Epilepsy is a neurological condition, described in simple terms as the tendency to have unprovoked recurrent seizures. There are over 40 different types of seizure, and people with epilepsy can experience more than one type.



For information about care contact:
01483 415095 or to find out how you can
support the Meath contact: 01483 411071 or
taniac@meath.org.uk

1 Person in 100 is affected by epilepsy at some point during their life.

Around 500,000 people live with Epilepsy in the UK. 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.

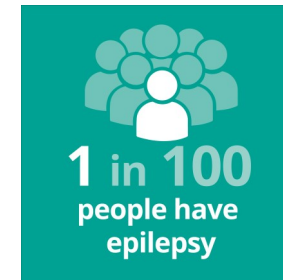


Unfortunately for up to a third of those 87 diagnosed, medication and surgery will not stop their seizures and they may need some support. The Meath exists for this small proportion of people in order to ensure that despite the challenges of complex epilepsy and any associated disabilities, every resident is enabled to live as independently as possible.

Epilepsy can affect anyone at any age and from every walk of life.

The most likely age bracket to develop epilepsy is age 65 years and over due to strokes and dementia. However children can frequently be diagnosed due to genetic reasons or other causes such as the brain not developing properly, birth injury or infections such as meningitis.

Being diagnosed with **Epilepsy** can be a scary and confusing time. A person who lives with epilepsy may have seizure **triggers** and if so may chose to pay closer attention to **diet, exercise** and how much **sleep** they get. Life style changes often also include not being able to drive, a UK driving licence holder will usually need to be **seizure free for a minimum of 1 year** before being able to drive.



Due to their epilepsy people may find that they need to rely on **friends** and **family** more at certain times. **Epilepsy Action** is a national charity which runs **local support groups**. For further information about joining a support group near to you visit: www.epilepsy.org.uk/involved/branches.

With the right **medication, support** and **safety measures**, people who live with epilepsy can live a **fulfilled** and **independent** life. **In addition to supporting those in their care, The Meath Epilepsy Charity is committed to increasing awareness of epilepsy and associated disabilities within the local community.**