



# Epilepsy

## Getting ready to move to adult epilepsy clinics

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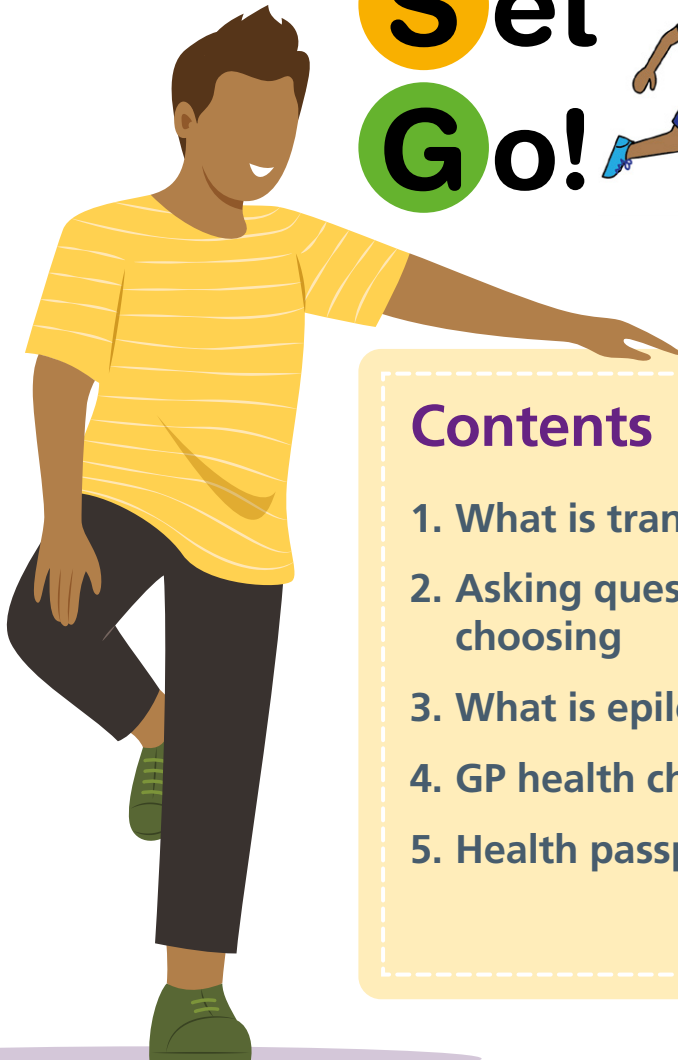
Welcome



**R**eady

**S**et

**G**o!



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# 1 Transition

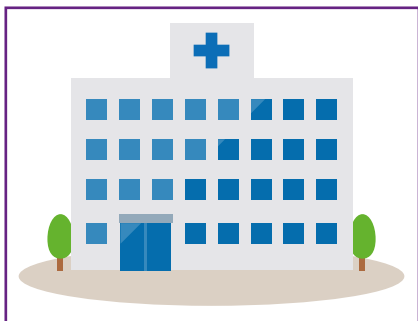


When you get older, you move from children's to adults' clinics.

This is transition.

Transition usually happens when you are 18.

There are 2 different adult epilepsy teams.



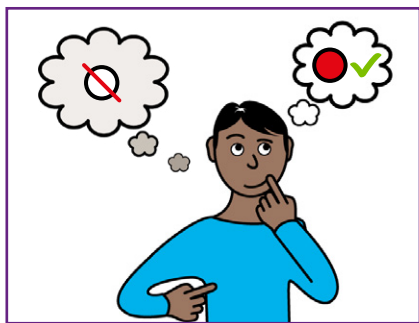
Some people will attend epilepsy clinics within your local hospital.

If your epilepsy is not a problem, you might go to your GP instead.

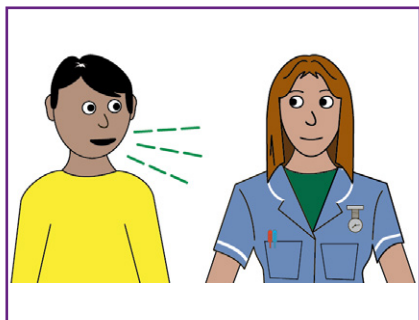


Some people will go to the community epilepsy clinics to see the nurse.

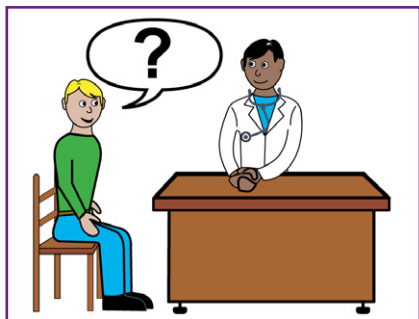
## 2 Asking questions and choosing



If you can it is important to learn about your epilepsy and learn how to make choices about how the doctor looks after your health.



You can practice this by telling your doctor or nurse something about your epilepsy or medication – like the last time you had a seizure.

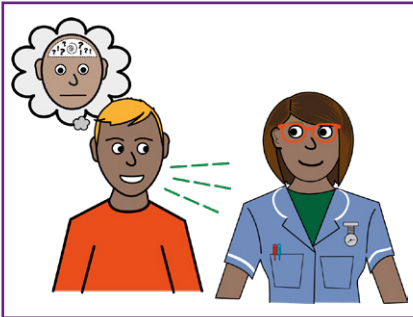


Can you ask a question or tell the nurse/doctor something about your epilepsy?

# What is epilepsy?

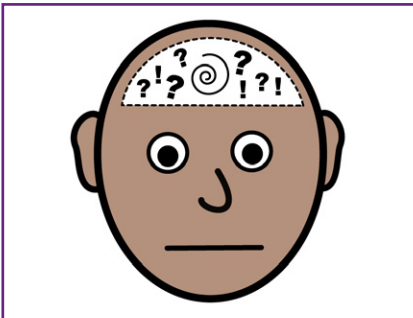


As you get older, it's good if you know about your epilepsy. This will help you be in control of your health.

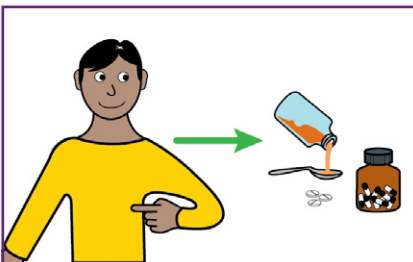


Do you know what epilepsy is?

Do you know what your seizures look like?



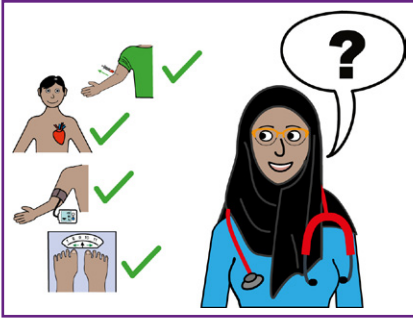
Is there anything that makes your seizures worse?



Do you know what medicine you take?

## 4

## GP health checks



Your GP should invite you in for health checks once a year to make sure you are healthy.

## 5

## Health passports



Your parents or carers might write a passport to use in hospital. This will tell the doctors and nurses all about you.



# We are Young Epilepsy

**Epilepsy can be frightening, and it can feel lonely. Sometimes people just don't understand what you are dealing with.**

Young people living with epilepsy have told us how important it is for them to understand their condition, and how making connections with other young people, and hearing their experiences, really helps.

From trusted information and real stories about living life with epilepsy, to support services and opportunities to have your say and influence the world around you, **we're here for you.**



**[youngepilepsy.org.uk](https://youngepilepsy.org.uk)**

Young Epilepsy is the operating name of The National Centre for Young People with Epilepsy Charitable Trust. Registered Charity number 311877 (England and Wales)





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