



Epilepsy

Getting ready to move to adult epilepsy clinics

3



Welcome



Ready

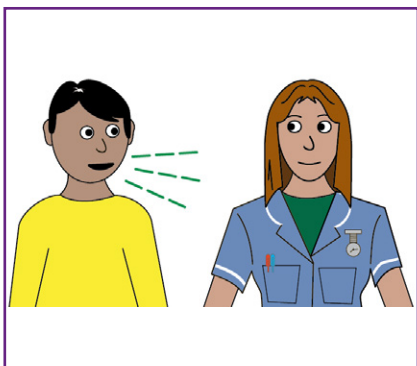
Set

Go!

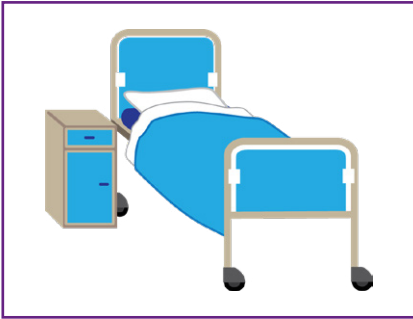


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When you are about 18 you are nearly ready to move to adult epilepsy clinics. You will get to meet one of the adult epilepsy nurses in clinic.



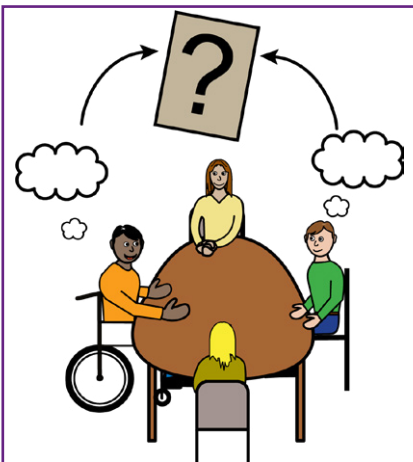
If you need to come to hospital when you are an adult you will go to an adult ward. Tell the doctors and nurses if you need some extra help.



Your parent or carer might write a health passport to help the doctors and nurses look after you better.



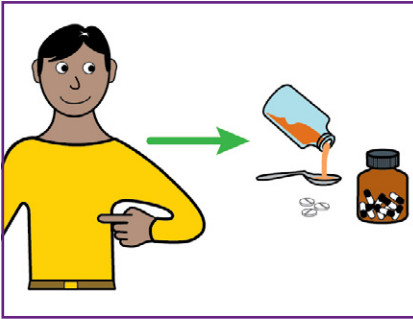
You become an adult when you are 18.



When you are an adult you can sometimes make your own decisions about treatment. Sometimes other people can help you.

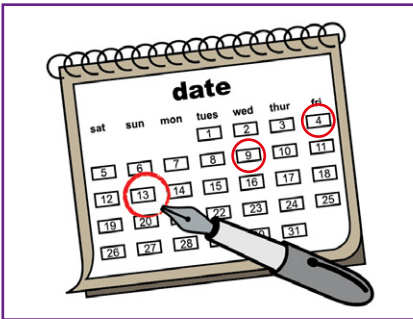
The doctor might want to have a meeting with you and your parents/carers to help you make a choice.

Being independent

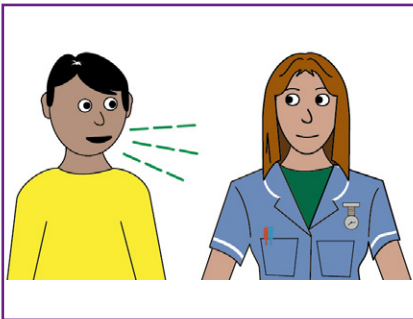


When you are an adult it is important that you know about your own health and your epilepsy. Epilepsy makes you have seizures.

What medication do you take?



Do you keep a diary of your seizures?



Do you want to talk to the nurse or doctor on you own?



If you find it hard to remember things, you can take a photo on your phone to show the doctor or nurse.



Some people with epilepsy get depression and anxiety. Depression is when you feel down or sad for weeks or months.



Anxiety makes you feel worried about things most of the time.

Do you get depressed or anxious?



How does it make you feel?

Talking to someone or doing something you like every day can make you feel a bit better.

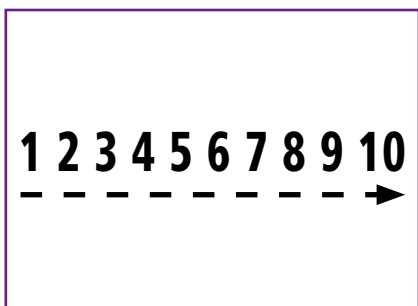


What makes you happy?

Things that might improve your anxiety and depression



Spending time with friends.



If you get cross try counting slowly from 1 to 10. Breathe slowly in and out as you count.



If you get cross or angry try punching a punch bag or hitting a swing ball.



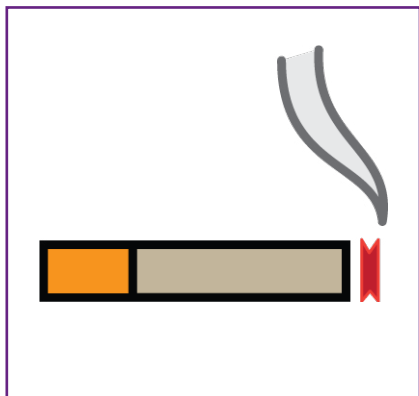
Make a worry box. Write or draw things that worry you and put them in the box. Once a week take them out and talk to someone about them.

5 Alcohol, smoking and illegal drugs



A little bit of alcohol is usually ok. If you drink a lot of alcohol it might make your seizures worse.

Do you drink alcohol?

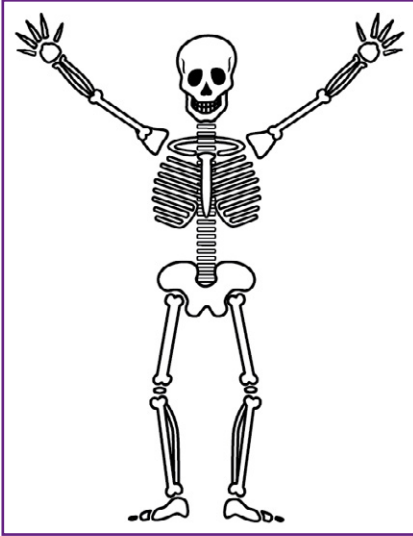


Smoking cigarettes or vaping probably won't make you have a seizure unless you smoke lots and lots. But cigarettes are bad for you and can cause cancer.

Do you smoke?



Illegal drugs can make you have seizures.



Epilepsy medicines can sometimes make your bones weak. Sunlight, exercise and multi vitamins can make your bones stronger.





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

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





GET TALKING ABOUT EPILEPSY

For more information about epilepsy, what it is, and how it is managed can be found on these websites:

www.epilepsy.org.uk

www.youngepilepsy.org.uk

www.youngminds.org.uk



Developed by Children's Epilepsy Nursing Team,
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