Young Epilepsy

# Christmas at school with epilepsy
# A planning checklist

Christmas activities can bring changes to the usual school day. Use this checklist together to think about what's happening, what matters to the young person and any support or adjustments that could help them take part.

**Young person's name:** _____

**Activity/event:** _____

**Date:** _____

## ☑️ What's happening?

- ☐ Party
- ☐ Disco
- ☐ Performance
- ☐ Trip
- ☐ Film or video
- ☐ After-school activity
- ☐ Other: _____

## ☑️ What's different from the usual school day?

_____

_____

_____

## What do we need to think about?

## ☑️ Their epilepsy

- ☐ Do the relevant people understand the young person's epilepsy?
- ☐ Is their Individual Healthcare Plan up to date?
- ☐ Does everyone who needs it know what their seizures look like and how to support them?
- ☐ I know who to ask if I need medical help

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## ☑️ The activity

- [ ] Are there any known seizure triggers to consider?
- [ ] Does photosensitivity need to be considered, such as flashing lights, photography, videos or stage effects?
- [ ] Could tiredness, a later finish or a change to routine affect them?

## ☑️ Supporting the young person

- [ ] Have we asked the young person what they want?
- [ ] Is there anything they're concerned about?
- [ ] Are any adjustments needed to help them take part?
- [ ] Does everyone know what to do if the young person has a seizure?

## ☑️ What would help?

### What could help the young person take part?

❗ *Don't start with "Can they take part?"*
*Start with "What might help them take part?"*

## ☑️ Actions

| What needs to happen? | Who will do it? | Done? |
|---|---|---|
| | | ☐ |
| | | ☐ |
| | | ☐ |
| | | ☐ |

## Need more information?

**Visit youngepilepsy.org.uk for:**

- Individual Healthcare Plans
- Risk assessing and epilepsy in schools
- Seizure types
- Seizure triggers
- Supporting children and young people with epilepsy in education