

New School Checklist for Young People with Epilepsy

A simple checklist to help you feel prepared before your first day.

You can look at this on your own, with a parent or carer, or with a teacher.

Before your first day, have you...

- ☐ Told your school about your epilepsy
- ☐ Created an Individual Healthcare Plan with your new school
- ☐ Found out who you can talk to if you need help
- ☐ Checked the arrangements for your medication
- ☐ Asked what support is available in lessons
- ☐ Talked about PE, clubs and school trips
- ☐ Found out where you can go if you feel unwell
- ☐ Decided what you would like other people to know
- ☐ Talked through any questions or worries you have

New School Plan



My trusted adults:

The person I can speak to first is:

Another person who can help is:

My Individual Healthcare Plan

- ☐ My plan is accurate and up to date
- ☐ My school has a copy
- ☐ The right members of staff understand it

What I want other people to know

- ☐ I'm happy for classmates to know about my epilepsy
- ☐ I only want certain people to know
- ☐ I'd like to talk about this with a trusted adult first

My medication arrangements:

My medication will be kept:

The person who can access it is:

When I need a dose, I should:

If I need support

If I feel unwell or need a break, I can go to:

If I miss work or need help in lessons, I can speak to:

Anything else I would like the school to know:
