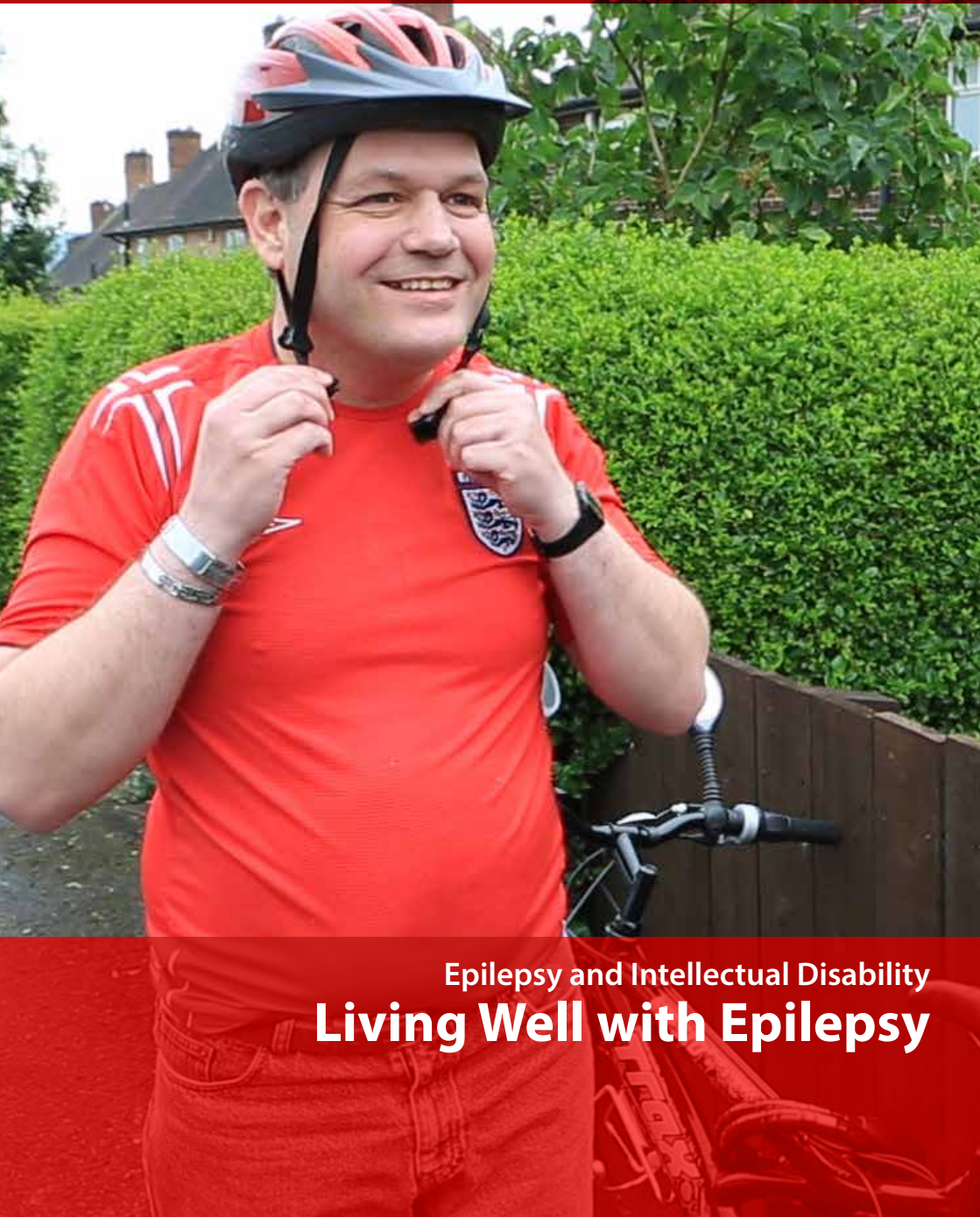


positive

Nottinghamshire Healthcare **NHS**

NHS Trust

Positive about integrated healthcare



Epilepsy and Intellectual Disability
Living Well with Epilepsy



1 Epilepsy is common in the general population. It affects about 1 in 100 people.



3 Learning about your epilepsy will help you live well with the condition.



2 People with intellectual disabilities are more likely to have epilepsy and experience seizures.



4 You should see your doctor regularly to discuss your epilepsy and drug treatment.



5 Keeping a seizure diary will help you and the doctor plan your care.



7 Leading an active life helps people keep physically and mentally well.



6 It is important to take your antiepilepsy drugs every day.



8 Think about your safety at home and when out and about.





9 You might need to tell people you work with about your epilepsy and how to support you if you have a seizure.



11 You can get advice and information about living well with epilepsy from the epilepsy team and national voluntary organisations.



10 Plan your activities and make sure you have the support you need to keep safe.



12 Have fun and enjoy your life.

Booklets and films available:



**Having an
MRI Scan**



**Having an
EEG**



**Having Video
Telemetry**



**Having VNS
Surgery**



**Transition into
Adult Services**



**Living Well with
Epilepsy**



**About Our
Service**

For more information contact:

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