



**NDIS Quality
and Safeguards
Commission**

Managing Epilepsy

What you need to know

Easy Read fact sheet



How to use this fact sheet



The NDIS Quality and Safeguards Commission (NDIS Commission) wrote this fact sheet.

When you see the word 'we', it means the NDIS Commission.



We wrote this fact sheet in an easy to read way.

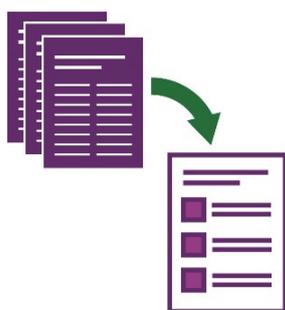
We use pictures to explain some ideas.

Bold
Not bold

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean.



This Easy Read fact sheet is a summary of some information in a video.

This means it only includes the most important information.



You can find the videos on our website.

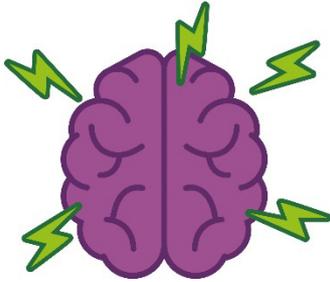
www.ndiscommission.gov.au/workerresources



You can ask for help to read this fact sheet.

A friend, family member or support person may be able to help you.

What is Epilepsy?



Epilepsy is a health problem that affects how your brain works.



It can make you have **seizures**.

When you have a seizure, you might suddenly:



- lose control of your body, like showing unusual or jerky movements



- fall down



- not be able to talk



- feel very confused.



People with disability are more at risk of bad seizures that are hard to control.

How do seizures happen?



There are things that can put you more at risk of having seizures.

We call these **triggers**.

Some triggers include:



- not getting enough sleep



- not taking medicine when you need to



- having a fever



- feeling sick.

Who can help you if you have a seizure?



There are things people can do to support you when you have a seizure.

People with Epilepsy have different types of:



- seizures



- support needs for their Epilepsy.



People who support you can help you get an Epilepsy Management Plan.

We just call it a plan.

People who support you can be:



- NDIS workers



- health care workers



- family members or friends



- other supports and services.

People who support you can help you make a plan with your:



- doctor



- Epilepsy nurse.



The plan will help you.

The plan will have information about:



- how to know when you have a seizure



- medicines you need to take that will stop seizures from happening



- things that might cause a seizure



- what to do if you have a seizure



- other information about keeping you safe.



People who support you can also help you check your plan:

- each year
- with a doctor or Epilepsy nurse.



They will check what:

- works well
- needs to change.

More information for you



If you want more information about epilepsy, you can go to our website.



www.ndiscommission.gov.au/workerresources

Contact us



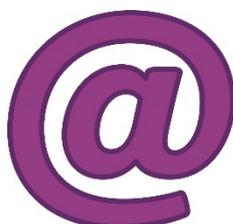
You can call us from 9am to 5pm,
Monday to Friday.



If you live in the Northern Territory, you can
call us from 9am to 4.30pm.



1800 035 544



You can send us an email.

contactcentre@ndiscommission.gov.au



You can write to us.

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Penrith
NSW 2750



You can go to our website.

www.ndiscommission.gov.au



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