# Managing Epilepsy

## What you need to know

### A text-only 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 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](http://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](http://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.

Phone – **1800 035 544**

You can send us an email – [contactcentre@ndiscommission.gov.au](mailto:contactcentre@ndiscommission.gov.au)

You can write to us – NDIS Quality and Safeguards Commission   
PO Box 210 Penrith NSW 2750

You can go to our website – [www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)

TTY – **133 677**

The National Relay Service

Speak and Listen – **1300 555 727**

SMS relay number – **0423 677 767**

Internet relay calls – [internet-relay.nrscall.gov.au](https://internet-relay.nrscall.gov.au/)

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