How to write your profile

This seizure profile is a personal document for you to use as you wish. The profile is the start of a plan. Any plan you make must be based around your particular needs that arise from your particular condition.

This is the first step in personalising your condition. If you have a number of seizure types then complete a different sheet for each one, numbering each in the top right hand corner.

My condition:

What is your condition called? Where in the brain does it start? Understanding how your condition affects you is the most important part of understanding it, a good starting point is understanding which part of your brain is affected and what that type of seizure is called.

If you don't know, then this could be the beginning of a conversation with your neurologist.

My triggers are...

Write down any triggers you know about. A trigger is anything that can increase the chances of you having a seizure.

If you don't know your triggers, then working out what they are may be the first step in managing your condition better. If you do know them, then they must be factored in to any plan you make.

Your plan may be to reduce the effects of a trigger, for example if lack of sleep is a trigger for you then you may plan to sleep better, or factor not getting too tired into any other plan you make.

My warning is...

You may have warnings, you may not, writing them down here will help complete the picture of your condition.

What happens during my seizure...

What happens during a seizure, what does it feel like and what does it look like? Do you have any awareness? Are there any factors that need to be taken in to account when making a plan?

What happens after my seizure...

What is the period after a seizure like? How long is the recovery time? Again, are there any factors that need to be taken in to account when making a plan?

My seizure description:

Write down how you would like to describe your condition. What is the language you want to use when describing it to others? Is there a way of describing and explaining it that makes more sense?

My Seizure profile

My condition:

My triggers are...

My warning is...

What happens during my seizure...

What happens after my seizure...

My seizure description: