

## Managing Daily Activities

Below are tips to help you manage your daily activities with seizures. Learn more at <https://www.epilepsy.com/lifestyle>.

### What activities should I NOT do or be careful doing?

- Some activities can seriously injure you or another person if you lose control during a seizure.
- Do not use firearms or heavy machinery.
- Do not lock doors to bedrooms or bathrooms.
- Do not cook over an open fire or flame.
- Do not climb to high heights without fall precautions.
- Do not swim or take a bath alone. Showering is okay! Wear a life jacket in open water.

### When can I drive?

- Discuss driving with your doctor. Patients with epilepsy can drive typically after 3-6 months of being seizure free.
  - State laws decide when patients with epilepsy can drive.
  - Learn more at <https://www.epilepsy.com/driving-laws>.
- Report your seizures to the Bureau of Motor Vehicles (BMV). Your doctor's office can help you get BMV approval.

### How can I run errands and do chores more efficiently?

- Break chores into smaller tasks. It will help you to stay on task.
- If you cannot drive, plan transportation for errands. You can walk, take the bus, or get a ride from your family or friends.
- Refill your medicines. Use auto-refill, home delivery, or 90-day supplies to help prevent running out of medicine.
- Put emergency contacts and medical information on your phone.

### How can I stay healthy?

- Keep your environment clean.
- Eat healthy meals. Plan meals ahead of time. Pre-made meals and pre-cut fruits and vegetables can help. Consider using grocery delivery options.
- Drink plenty of water.
- Do not drink alcohol or use illegal drugs.
- Make sure you get enough sleep. Not getting enough sleep can lead to seizures!



## Managing Daily Activities (continued)

### How do epilepsy and seizure medicines affect bone health?

- People with epilepsy are at increased risk of broken bones and fractures due to falls during unexpected seizures and medicine side effects, such as dizziness.
- Taking anti-seizure medicines over a long time may make it difficult to absorb Vitamin D, which is important for bone health and bone density.
- Your doctor may recommend bone density testing to monitor your bone health.
- What can I do to improve bone health?
  - Do not smoke tobacco.
  - Stay physically active.
  - Take calcium and vitamin D supplements if your doctor prescribed them.
- Learn more at <https://www.epilepsy.com/complications-risks/bone-health>.

### How does epilepsy affect school or having a job?

- Epilepsy can make it more difficult to complete school and work activities.
  - The Individuals with Disabilities Education Act (IDEA) makes sure that people with disabilities, like epilepsy, get support in school or at their job.
  - The Americans with Disabilities Act (ADA) makes it against the law for anyone to fire you or refuse to hire you because of seizures.
- Support for school may include an Individualized Education Program (IEP) or a 504 Plan. Accommodation can include class recordings or notes, written list of assignments, flexible due dates, or modified test taking, such as more time, using notes, or completing in a separate room.
  - Scholarship options can be found at <https://www.epilepsy.com/parents-and-caregivers/work-college/scholarships>.
- Support at work depends on the type of work that you do and your seizures. Learn more at <https://www.epilepsy.com/lifestyle/employment/>.
  - If you are unable to work, you may be able to get social security disability benefits. Learn more at <https://www.ssa.gov/disability/>.

