

BACK TO SCHOOL CHECKLIST

SEIZURE PREPAREDNESS



Seizure Preparedness Back to School Checklist

- ☒ Update Your Seizure Action Plan (SAP)
- ☒ Prepare your School
- ☒ Educate Classmates
- ☒ Seizure ID Products
- ☒ Get Support

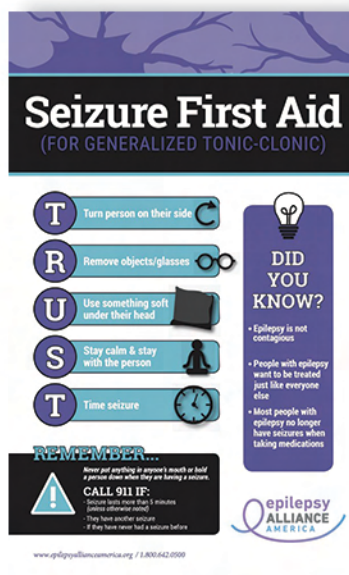
**PUT THESE
TOOLS IN YOUR
BACK POCKET!**

Update your Seizure Action Plan (SAP)

Discuss your Seizure Action plan with your doctor and have them sign off on the document. Take the time to **discuss rescue medication options** available to you and incorporate in your **Seizure Action Plan**.

Prepare Your School

- **School Personnel Training** – Ensure that all staff at the school are trained in Seizure Recognition and First Aid. **Download and Provide Posters for School** if they do not have them available.
- Schedule a meeting with School Staff (or include during a scheduled 504 or IEP meeting) to discuss any accommodations needs and the Seizure Action Plan.
 - Prepare for your IEP or 504 Meeting. **Several of our member organizations provide Special Education Advocacy services to assist you.**
 - When possible, meet the teachers and other school personnel who will have the most contact with your child. Share their Seizure Action Plan with them but 'bring it o life' with other information including what is 'typical' for your child.
- Make sure your child's classroom is prepared. Do they have a seizure comfort kit? It could include a pillow, a blanket, an extra set of clothing, a special snack, or anything else to help your child post-seizure.
- Complete any forms required for medication – including Anti-Seizure Drugs, (ASDs) as well as Rescue Medications. Get an extra labeled bottle of medication for the school if your child takes medication on campus.



Educate Classmates

Work with your school to educate your child's classmates about Epilepsy and Seizures. Education is key to reducing stigma.

Seizure ID Products

Ensure that you have a wearable item to indicate to people that you have epilepsy in case you have a seizure in a setting without people who know you have epilepsy. Epilepsy Alliance America can provide a \$35 coupon to individuals with epilepsy towards a product from **GetMyId.com**.

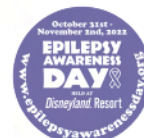


The Seizure Preparedness Back to School Checklist section was made possible through the generous support of Neurelis.

Get Support

Epilepsy can too often be an isolating condition. **Consider finding a support group for you and your family.**

Learn more about the **Member Organizations of Epilepsy Alliance America** and the programs and services they offer to people with epilepsy and their families



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