Seizures can be scary. Having a Seizure Action Plan – and sharing it – empowers those around you to be able to assist. Anyone who spends time with someone who has seizures should be educated, prepared and empowered to help.

A Seizure Action Plan lets others know what to do in the case of a seizure. A Seizure Action Plan can reduce the time to act during a seizure and faster response times can reduce risk of prolonged seizures, risk of mortality, and the need for additional rescue medications.

Approximately 30% of patients diagnosed with epilepsy have treatment-resistant epilepsy which means that available medications and devices are unable to bring the seizures under control. Many patients with treatment-resistant epilepsy may experience prolonged seizures (status epilepticus) and/or seizure clusters, which may need to be stopped with emergency interventions.
Seizure Action Plan Coalition Resources

Seizure First-Aid

Rescue Medication Videos

Webinars

We Did the Wrong Thing Not Having a Formal Seizure Action Plan for Our Son

Jen & Theo

Despite having an intuitive plan, when their son Theo had a cluster of seizures, they hesitated on how to handle the situation best.

"We didn’t have a Seizure Action Plan before, but we do now!"

Patient and Family Stories

Other Resources Available:
Seizure Action Plan samples
Seizure First Aid Training
Back to School Resources
Videos: Testimonials and Webinars

Some materials available in Spanish