

# Epilepsy and Seizure Management Tools

There are a range of tools available, many of which are free, to help people manage epilepsy and seizures. These tools can help ensure your needs are met in a seizure emergency. They can also help you record and keep track of seizures for better seizure control, care and well-being.

This section discusses some of the tools that are available, with links to examples. You can have a chat with your healthcare team and trusted people in your life to discuss which tools might be right for you.

Whether you are a person living with epilepsy, care for someone who does, or are an interested community member, we hope that you find this information useful.

## **Epilepsy Management Plans**

<https://epilepsyfoundation.org.au/understanding-epilepsy/epilepsy-and-seizure-management-tools/epilepsy-plans/>

## **Recording Seizures and Seizure Diary**

<https://epilepsyfoundation.org.au/understanding-epilepsy/epilepsy-and-seizure-management-tools/recording-seizures-and-seizure-diaries/>

## **Safety Aids**

<https://epilepsyfoundation.org.au/understanding-epilepsy/epilepsy-and-seizure-management-tools/safety-aids/>

## **Seizure Alert Dogs**

<https://epilepsyfoundation.org.au/understanding-epilepsy/epilepsy-and-seizure-management-tools/seizure-alert-dogs/>

## **Seizure Monitors & Devices**

<https://epilepsyfoundation.org.au/understanding-epilepsy/epilepsy-and-seizure-management-tools/seizure-monitors-devices/>