

Epilepsy Management Plans

The Epilepsy Foundation recommends the use of Epilepsy Management Plans (EMPs). EMPs can help others best understand and respond to your needs. If the plan is for your child or another person, it's a great idea to take a person-centred approach. This often means involving the person in the development of their plan as much as possible. You can share the plan with schools, employers, service providers, and sporting or social clubs you are connected to.

HOW TO DEVELOP YOUR MANAGEMENT PLAN

STEP 1: CHOOSE YOUR PLAN

1. If you or the person you support have a diagnosis of epilepsy select an **Epilepsy Management Plan (EMP)** template. Choose the template based on how many different seizures types you or the person you support experience.
2. If you or the person you support experience seizures but do not have an epilepsy diagnosis (e.g. febrile seizures), choose a Seizure Management Plan template. Choose the template based on how many different seizures types you or the person you support experience.

Forms must be opened in Adobe Acrobat Reader.
This is an editable PDF for you to complete. We recommend completing this form on the computer and not completing it by hand to allow for any revisions by your medical practitioner.

STEP 2: THREE WAYS TO HAVE YOUR PLAN COMPLETED	<ol style="list-style-type: none">1. Complete by yourself: After downloading the plan you can complete the document yourself or with your family.2. Seek support from your local epilepsy organisation: For support with completing the plan, you can contact the National Epilepsy Support Service on 1300 761 487 who can refer you to a local epilepsy support organisation, if required.3. Complete with your medical practitioner or other support person. You can access Guidelines on how to complete these documents by clicking here.
STEP 3: GET YOUR PLAN ENDORSED	All plans need to be endorsed by a medical practitioner. The plan can be endorsed by a GP, neurologist, paediatrician or other relevant medical practitioner.
STEP 4: IS EMERGENCY MEDICATION PRESCRIBED?	If no – you are all done! Provide your endorsed management plan to those who may need to support you or the person you are supporting during a seizure. If yes – you will require an Emergency Medication Management Plan (EMMP) relevant to the emergency medication you have been prescribed. Contact your medical practitioner for assistance in completing and endorsing this document. Alternatively, you can contact the National Epilepsy Support Service on 1300 761 487 who can refer you to a local epilepsy support organisation.
STEP 5: REVIEW YOUR PLAN	Your plan will need to be reviewed annually according to the date on the document unless there are any changes to seizure presentations or if emergency medication has been introduced.

EPILEPSY MANAGEMENT PLAN

An Epilepsy Management Plan (EMP) is a document that you can develop with others involved in your life and care. It describes:

- Your seizure types
- Seizure triggers
- How you would like to be supported during seizures

- Emergency procedures that should be followed in the event of a seizure.

An EMP is a great way of ensuring that all the people in your life understand your epilepsy and how you want to be supported. The plan must be endorsed by your doctor. It's important to update your plan at least once a year, or earlier if anything related to your epilepsy and treatment changes.

Click the link below to download the Epilepsy Management Plan template:

[Epilepsy Management Plan Guidelines \(PDF\) Download](#)

[Epilepsy Management Plan – 1 Seizure Type \(PDF\) Download](#)

[Epilepsy Management Plan – 2 Seizure Type \(PDF\) Download](#)

[Epilepsy Management Plan – 3 Seizure Type \(PDF\) Download](#)

[Epilepsy Management Plan – 4 Seizure Type \(PDF\) Download](#)

[Epilepsy Management Plan – 5 Seizure Type \(PDF\) Download](#)

[Seizure Management Plan Guide \(PDF\) Download](#)

[Seizure Management Plan – 1 Seizure Type \(PDF\) Download](#)

[Seizure Management Plan – 2 Seizure Type \(PDF\) Download](#)

If the person with epilepsy has more than two seizure types please contact us via our [contact us form](#) or phone our National Epilepsy Support Service on 1300 761 487.

EMERGENCY MEDICATION MANAGEMENT PLAN

Some people with seizures that are difficult to control are prescribed emergency medication. If have been prescribed emergency medication, it is highly recommended that you work with your doctor to complete an Emergency Medication Management Plan (EMMP). An EMMP describes:

- The medication
- Method of administration
- Dose
- Instructions for administering the dose

- Emergency procedures.

Your EMMP should be updated annually, or earlier if anything related to your epilepsy and emergency medication changes. Your EMMP should be attached to your EMP so that all the information related to your epilepsy is kept in one place.

Click on the link below to download the Emergency Medication Management Plan template.

[Emergency Medication Management Plan Guide \(PDF\) Download](#)

[Emergency Medication Management Plan Guide – Midazolam \(PDF\) Download](#)

[Emergency Medication Management Plan – Clobazam \(PDF\) Download](#)

[Emergency Medication Management Plan – Clonazepam \(PDF\) Download](#)

[Emergency Medication Management Plan – Rectal Valium\(PDF\) Download](#)

[Generic Emergency Medication Management Plan \(PDF\) Download](#)

Our Epilepsy Support Workers are available to assist you to understand and complete an EMP and EMMP. Contact our National Epilepsy Support Service on 1300 761 487 for assistance.

There are also EMP Guidelines and EMMP Guidelines available to assist you in preparing these plans. And if the person you care for has difficulty with reading or communication then our easy English Guidelines document may be useful.

[Learning about epilepsy, an easy english bookletDownload](#)