

Safety Aids

MEDICAL ID WRISTBAND/BRACELET/CARD

You might consider using a medical ID wristband/bracelet/card to let people know you have epilepsy, as well as provide other useful information to assist you in an emergency. For example, if you have a seizure in a public place, people can use the contact details on the ID to get more information about you and your epilepsy. This is a source of comfort for many people with epilepsy and those who support them, who may worry about possible situations where nobody knows what to do in the event of a seizure.

Some organisations that sell or offer medical alert bands/wallets/cards also offer a membership system, where your medical information is stored in a database, which may be accessible by emergency services and healthcare professionals in an emergency.

Other companies offer USB-based 'dog tag' medical IDs, where your healthcare and emergency contact details are stored locally on a small hard drive.

Some medical alerts use near-field communication (NFC) technology, which is most commonly seen in services such as contactless payment and mobile ticketing systems, to allow third parties (such as emergency services) to access healthcare information from a wearable device.

HELMETS

Helmets can be a helpful tool to assist in reducing head injuries during a seizure. The document below provides some examples of seizures available on the market as well as their pros and cons.

[Helmets Price and EvaluationDownload](#)