

# Epilepsy at work



Everyone has a part to play in making sure that people with epilepsy are valued in the workplace – it's easy and it can make a big difference.

- 1** Remember that everyone's epilepsy is different and affects everyone in different ways. It's always helpful to talk openly about it.
- 2** Everyone with epilepsy is entitled to reasonable adjustments at work that help to remove any disadvantage caused by their condition or limit its impact. These can be as simple as flexible working or a place to recover if they happen to have a seizure.

- 3** Seizure action plans are useful for understanding what to do if someone has a seizure in the workplace.
- 4** The best thing you can do to support someone with epilepsy is to take epilepsy training.

Visit [epilepsy.org.uk/training](https://epilepsy.org.uk/training)



#MakeThingsWork



Make things  
**work**