



Speaking from Experience Young People & Epilepsy

Transcript for chapter 8 of 8: Words of wisdom

Patrick – I think the most important thing is to find out what kind of Epilepsy you have – everything that you can find out about it. Information is really important. Knowing what your trigger factors are and what is going to cause a seizure. What you can do, the safety aspects. All information is important – and communication, obviously, with all the people close by to you.

Alix – I also did one of my assignments at school in science on Epilepsy. I learnt a lot about it from that, with one of my friends. So, she fully understands what I go through now, because of that. It's really important to learn about it, to know what could happen to you, and what will happen to you, and what you need to do to prevent anything worse from happening.

Sian – Make sure you have someone to lean on. Whether it is a steadfast friend or your parents. You need a support base. You need someone to be there for you.

Alison – I think it's important to explain it. Then people understand what it is and they can help you as well. It's really important to let people know.

Taylor - Talk to your parents, talk to your friends, talk to staff at the school, such as teachers and counsellors. They will help you.

Patrick – People your age are really good to talk to, who have Epilepsy. They are going through the same things that you're going through, and that eases the pressure. So that you know you're not the only one out there.

Alix - The doctor is the person that you speak to in confidence. You confide in them any questions you have. Any questions or problems, it's just like any regular person would need to be.

Alison - Just try and get as much support as you can. Whether it's family or friends or whoever. Don't do it all at once. Just spread it out. I still don't have my licence and I really don't care. I'd rather not have my licence than have 30 seizures per day.

Patrick – I think you've got to adjust your lifestyle, really. For me, that meant cutting down on subjects at school, lowering my stress levels at school as well; taking my priority to be my health over other things, because that's the most important thing. Get your health right before everything else.

Alix – If they are in their teenage years, and they're out partying and they have to stop drinking, I'd tell them that you can live without it.

Cassandra and Daniel – I've recently spoken to a young girl who's just been diagnosed with Epilepsy. She's about my age, so I've called her a couple of times. I've spoken to her and told her what school is like. Told her what it's like, and told her to keep going and not to



give up. You can still do the things that you want. You just have to put effort into it and try your best at it, and then you can actually get somewhere.

Sian – Avoiding things that might set me off or conflict with my medication, or that I know I'll regret the next day. I know that if I study in the morning, I'll regret it the next day, because I can't study at night. I can't cram.

Alix – It has changed how I look at things. It has made me mature more. It made me realise that I could have worse things happen to me, I could even not be here. What you're given is what you get and you need to live with that.

Sian – It's not an easy road, but acceptance does come, eventually. Don't close yourself off from other people. Make sure you're open to other people. Even if you don't want to, make sure you listen. I didn't want to talk to people, but it was eventually opening up that helped me to accept my own condition.

Alix – Just get on with daily life and keep yourself happy and healthy. Make sure you have people there to support you and be confident in yourself, because that will really keep you going.