

Epilepsy Scotland Factsheets

Alcohol	After a seizure
Causes of epilepsy	Epilepsy alarms
Epilepsy and stress	Equality Act – new rights
Financial assistance	Foetal Anti-convulsant syndrome
Ketogenic diet	Lack of sleep
Medical identification jewellery	Non-epileptic seizures
Planning a family	Sleep seizures
Staying healthy at work	Temporal lobe epilepsy
Tonic seizures	Travelling abroad
Recreational drugs and seizures	Making the most of your AEDs

Selection of DVDs on loan

Each item can be borrowed free of charge for up to 10 days. Please contact us on 0808 800 2200 or email enquiries@epilepsyscotland.org.uk to check for all available titles.

Current titles include:

Epileptic Seizures
Many lives – Managing epilepsies an educational resource for professionals (set of 3 DVDs)
Reasons to be cheerful – Living with epilepsy (for parents and children with epilepsy)
How to give Buccal Midazolam
Rectal Diazepam (for parents or professionals)
Matthew's Friends – The Ketogenic journey with Tony Tobin
Managing your epilepsy (a programme for people with moderate learning disabilities)



Literature List

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All our publications can be viewed and downloaded free of charge from our website www.epilepsyscotland.org.uk . If you are having difficulty opening, viewing or downloading any of our publications, please contact us on 0808 800 2200 or email enquiries@epilepsyscotland.org.uk

Epilepsy Scotland Guides

- A guide to epilepsy – what you need to know (*only available as download*)...
- A woman’s guide to epilepsy.....
- Epilepsy – a guide for teachers.....
- A parent’s guide to epilepsy.....
- Epilepsy in later life.....
- Epilepsy and memory.....
- An employer’s guide to epilepsy.....
- Men and epilepsy (*only available as download*).....
- Epilepsy and driving.....
- Diagnosing epilepsy.....
- Epilepsy and employment.....
- First aid for seizures.....
- Epilepsy and leisure.....
- Seizures explained.....
- Epilepsy and treatment.....
- Emotional wellbeing.....
- Staying safe with epilepsy.....
- Epilepsy and Occupational Health.....
- Epilepsy in Later Life – A Good Practice Guide.....
(for health professionals)

Accessible guides

These are currently under review and will be replaced by one updated accessible guide in Easy Read for people with mild to moderate learning disabilities. Please contact us to find out more. In the meantime, you can still download the following three old-style Accessible Guides:

- All about epilepsy
- Safety and epilepsy.....
- Living with epilepsy.....

Other Epilepsy Scotland publications

- A4 Multilingual Helpline poster.....
- Newsletter (current and older editions).....
- Annual Review (current and older editions).....

The following publications cannot currently be downloaded. If you would like a copy, please contact us on 0808 800 2200 or email enquiries@epilepsyscotland.org.uk :

- Join us – membership application form
- ‘I have epilepsy’ card.....
- Helpline contact card.....

Literature for children and young people

- Brian learns about epilepsy.....
(for pre-school/early primary school children whose parent has epilepsy)
- Farah and Ted visit the hospital.....
(for pre-school/early primary school children diagnosed with epilepsy)
- Guide to getting on with your life.....
(for teenagers, aged 13-19)