

Basic First Aid for Seizures

If you see someone apparently having a seizure, the first thing is **STAY CALM**. Here follows a brief description of common seizure types, and corresponding first aid.

1. **Generalized Tonic-Clonic seizures:**

The most widely recognized type of seizure, where the person stiffens, falls to the ground, and may begin making involuntary jerking movements and sounds.

Do **NOT** put anything in their mouth, as they may choke or hurt themselves. Note the time. Help the person lie down, and place something soft beneath their head. Remove glasses and loosen tight clothing, where practical, and move any objects close to the person. Turn the person on to their side so they do not choke on saliva. If they are known to have epilepsy, or if they carry epilepsy medical identification, and the seizure does not fall into one of the categories indicated below, simply stay with them and reassure them as they recover.

2. **Complex Partial Seizures:**

This type of seizure is characterized by the person becoming confused, unresponsive and/or wandering aimlessly, not being aware of their surroundings, or making involuntary twitching motions without **obvious** loss of consciousness.

DO NOT try to restrain or stop the person, unless absolutely necessary for their safety—they may be confused and become combative if restrained. Prevent them from injuring themselves by removing potentially harmful objects from their vicinity. Be mindful of stairways, street traffic, water, etc., where injury may occur. Where necessary, guide them gently and reassuringly to a safer location. Once the seizure has ended, the person may be confused and not know their location: You should reassure and give any assistance needed.

3. **Absence Seizures:**

These are characterized by a very short (typically only a few seconds), subtle loss of consciousness, while apparently being fully awake. It may resemble daydreaming but the person is not aware of their surroundings, and will not respond to stimulus. These may occur very rapidly and frequently, often many hundreds of times a day. When a person has apparently recovered, give them details of anything they may have missed during the event.

Call 911 for assistance if any of the following are true:

- There is no previous history of epilepsy
- The seizure lasts more than 5 minutes
- A second or third seizure immediately follows the first
- There is another underlying condition such as pregnancy, diabetes, respiratory distress, etc.



**Epilepsy Society of Southern New York
Capabilities Partnership, Inc.**

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****To help us to continue to provide educational materials,
donations can be made at our websites:**

www.learnaboutepilepsy.com

www.mycapabilities.org

**Contract agency of: Office for People with Developmental
Disabilities, ACCES/VR, Department of Health, Counties of
Dutchess, Orange, Rockland & Westchester, Epilepsy
Coalition of New York State, Inc.**



**Epilepsy Society of Southern New York
Capabilities Partnership, Inc.**

Programs and Services



*Working together towards a
brighter tomorrow...*

www.learnaboutepilepsy.com

www.mycapabilities.org

**Funded in part by grants from Epilepsy
Coalition of New York State, Inc.**



OUR MISSION

Our mission is to provide comprehensive services to people with epilepsy and other neurological, physical and mental health issues and their families for the promotion of independence and quality of life.

All of our services and programs focus on activities which help individuals live independently in their communities with dignity.

DESCRIPTION OF PROGRAMS

Our focus is in providing services to individuals in the seven counties of the Hudson Valley Region who have epilepsy, traumatic brain injury and other developmental disabilities. We work alongside other agencies—such as OPWDD, Department of Health, ACCES/VR—in an individual's own home environment.

Our aim is to improve quality of life and enable individuals to develop the skills and abilities to give them the most independence possible in their daily life by delivering the following services...



SERVICE COORDINATION

Our service coordinators will help identify and locate medical, social service, and recreational opportunities to assist individuals get the services they need. TBI, OPWDD and non-medicaid service coordination provided.

COUNSELING

Counseling is provided by staff social workers to individuals and families. Various therapeutic interventions are used in the course of treatment. Under the DOH, TBI waiver and epilepsy-related counseling available.

VOCATIONAL SERVICES:

Development/ Placement/ Supported Work

We offer numerous services with the goal of assisting individuals with various disabilities find jobs in the community including resume and cover letter writing and interview training.

EDUCATION and TRAINING

Our Education Department provides a wide variety of services aimed at communicating knowledge of epilepsy in a manner that is easily accessible for everyone, including tailored trainings for: school staff, camp counselors, school nurses, local companies/agencies, school organizations, bus drivers and monitors. We also provide monthly epilepsy support groups.

STRUCTURED DAY PROGRAM for *TBI WAIVER*

Our Structured Day Program, based in the *Thomas P. Morahan* Program center, allows us to provide opportunities for individuals to learn independence through activities in the community, including volunteer work and recreational activities.

OUR COMMITMENT TO EPILEPSY AWARENESS ALSO INCLUDES:

- Regular epilepsy support group meetings
- Consumer Advisory Council events and publications
- Professional Advisory Board seminars and treatment updates



To learn more about our services, please contact us at:

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Or visit our website:

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