

# Epilepsy Management Plans

## EPILEPSY MANAGEMENT PLAN

An Epilepsy Management Plan (EMP) is a practical tool that helps others understand your epilepsy and know how to support you safely and confidently. It brings important information together in one place, including your seizure types, possible triggers, what helps during a seizure, and what to do in an emergency.

Creating an EMP is a shared and person-centred process. Wherever possible, the person with epilepsy should be involved in developing their plan, so it reflects their preferences, needs, and daily life. If the plan is for a child or someone you support, involving them in ways that are appropriate can help build confidence and understanding.

An EMP can be shared with people and organisations you interact with, such as schools, workplaces, service providers, and sporting or social groups. This helps ensure consistent, informed responses across different settings and reduces uncertainty for everyone involved.

The Epilepsy Foundation recommends having an EMP in place. Your plan should be endorsed by your doctor and usually reviewed annually, or earlier if there are any changes to seizures, treatment, or support needs.

### Create Your Epilepsy Management Plan

Follow our step-by-step guide to create your own personalised EMP. You can complete it in one session or come back anytime. Having notes from appointments, seizure records, or other relevant information ready will help you along the way.

We recommend completing the EMP electronically rather than by hand, as this allows your medical practitioner to make revisions and makes it easier to update the plan each year.

If you have any questions about management plans or require support with developing an Epilepsy Management Plan, please contact us via our [contact us form](#) or phone our National Epilepsy Support Service on 1300 761 487.

Click the link below to download the Epilepsy Management Plan template:

[Epilepsy Management Plan – 1 Seizure Type \(PDF\) Download](#)



1300 761 487



[epilepsy@epilepsyfoundation.org.au](mailto:epilepsy@epilepsyfoundation.org.au)

Monday to Friday

9.00am to 5.00pm AEST



[www.epilepsyfoundation.org.au](http://www.epilepsyfoundation.org.au)

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[Epilepsy Management Plan – 2 Seizure Type \(PDF\) Download](#)

[Epilepsy Management Plan – 3 Seizure Type \(PDF\) Download](#)

[Epilepsy Management Plan – 4 Seizure Type \(PDF\) Download](#)

[Epilepsy Management Plan – 5 Seizure Type \(PDF\) Download](#)

[Epilepsy Management Plan – 9 Seizures \(PDF\) Download](#)

[Seizure Management Plan – 1 Seizure Type \(PDF\) Download](#)

[Seizure Management Plan – 2 Seizure Type \(PDF\) Download](#)

## **EMERGENCY MEDICATION MANAGEMENT PLAN**

Some people with seizures that are difficult to control are prescribed emergency medication. If you have been prescribed emergency medication, it is highly recommended that you work with your doctor to complete an Emergency Medication Management Plan (EMMP). An EMMP describes:

- The medication
- Method of administration
- Dose
- Instructions for administering the dose
- Emergency procedures.

Your EMMP should be updated annually, or earlier if anything related to your epilepsy and emergency medication changes. Your EMMP should be attached to your EMP so that all the information related to your epilepsy is kept in one place.

Click on the link below to download the Emergency Medication Management Plan template.

[Emergency Medication Management Plan Guide \(PDF\) Download](#)

[Emergency Medication Management Plan – Midazolam \(PDF\) Download](#)

[Emergency Medication Management Plan – Midazolam \(Zyamis\) \(PDF\) Download](#)

[Emergency Medication Management Plan – Clonazepam \(PDF\) Download](#)



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## [Emergency Medication Management Plan – Rectal Valium\(PDF\) Download](#)

Our Epilepsy Support Workers are available to assist you in understanding and completing an EMP and EMMP. Contact our National Epilepsy Support Service on 1300 761 487 for assistance.

There are also EMP Guidelines and EMMP Guidelines available to assist you in preparing these plans. And if the person you care for has difficulty with reading or communication then our easy English Guidelines document may be useful.

## [Learning about epilepsy, an easy english booklet Download](#)