

# Carpe Diem – Seize the Day Blog

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How safe is your house for a child who has epilepsy? Did you know that the most common place for seizure related accidents is the home? What have you done to avoid or prevent accident or injuries in your house for someone who has epilepsy? Chances are you are the proactive and preventative type of person who has checked everything out in the house to prevent accidents and injuries. Have you checked with the nurse at your neurologist or epileptologist office to find out more about safety issues or concerns that you might not have thought about?

In this issue of the Carpe Diem- Seize the Day Blog, we will touch on various safety tips that you might not have thought about. Seizures are hard enough to deal with, but the following safety tips will ease your mind and lower your stress level. Let's reduce the opportunity and risk that your child will be injured with a few well thought out tips. Time to get busy!

## **Spread the Word**

You never know when or where a seizure will strike at home. That is why it is a good idea to tell the people around you the most often that you have a child with epilepsy, what that means, and what they can do to help you if you need it. This includes family members and neighbors.

## **Install Wall-to-Wall Carpeting**

A plush carpet with plenty of padding is a safer choice than hardwood or tile floors. Soft flooring can cushion your child should take a tumble during a seizure. A cushy landing means fewer, less serious injuries. Put nonslip carpeting at the bottom of any stairs and in your bathroom, too. Do not use throw rugs. They are easy to trip over.

## **Remove Glass Furniture**

Landing on it can leave you bruised and bloody. Look for shatterproof mirrors, too. Clear out items in your home and any other items that could hurt your child if they fall during a seizure.

## **Clear the Clutter**

Less is more when it comes to home decor. A crowded house can be a danger zone. Keep furniture to a minimum. Clear walking areas of extension cords, file folders, pet bowls, toys, and other loose items.

## **Pad and Secure the Furniture**

Use padded child-proofing products to soften desk or table corners and sharp counter edges. Secure your TV, computer, and other heavy items to a wall or heavy desk to keep them from being pulled down in the event of a seizure.

### **Fall-Proof the Bathroom**

Hard and wet bathroom surfaces pose a big risk. Put nonskid strips on the tub bottom and shower floor. Rails or grab bars are a good idea, too. Keep drains clear so water does not back up and make things more slippery. You may also want to install a shower chair and hand-held water nozzle.

### **Avoid Locking Your Inside Doors**

Unlocked doors make it easier to get help from someone else in the house in the event of a seizure. Use an "occupied" sign for the bathroom instead. Also, be sure your doors open toward the hall and not into the room. If they do not, and the person having the seizure falls against one, helpers may not be able to push it open. You can change out the hinges, so they open the other way.

### **Blow Out the Candles**

Sure, they look and smell great. But they could start a fire if knocked over during a seizure. Battery-operated options are safer.

You probably have thought about everything on this list. If not, hopefully there is a tip or two in this week's blog that you can use to make your home safer.

*Editor's Note: The Carpe Diem – Seize the Day Blog will be distributed and posted weekly.*  
Always remember – **CARPE DIEM – SEIZE THE DAY!**

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