

Epilepsy Specialist Nursing Service

Adult Disability Services

Sudden Unexpected Death
in Epilepsy (SUDEP)



WHAT YOU NEED TO KNOW



eQUALITY

for people with learning disabilities

www.hertfordshire.gov.uk



Hertfordshire

**This does not happen often
However it may happen if you:**



Have a lot of big seizures



Have big seizures at night time



Have not taken your tablets as asked
by your doctor



Have drunk too much alcohol



Are a young adult



Are alone when you have a big seizure



Have had seizures for many years



Have lots of worries in your life

Be safer by:



Taking your medication
as asked by your Doctor



Seeing your Doctor often
to talk about your tablets



Using a bed alarm
to monitor your seizures at night



Not drinking too much alcohol



Eating healthy



Exercising



Sleeping well at night



Relaxing



**If you have any worries about SUDEP,
please contact your GP**

Contact us

Our website

Information about adult social care – apply online for meals on wheels or a Blue Badge and make a referral for care services

www.hertfordshire.gov.uk/adults

Hertfordshire Directory

Find national and local community groups, charities, services and activities

www.hertfordshire.gov.uk/directory

HertsHelp

Independent information and advice on local community services and care funding

Telephone: 0300 123 4044

Minicom: 0300 456 2364

Email: info@hertshelp.net

Contact us

For information and advice on how to get care and support

Email:

hertsdirect@hertfordshire.gov.uk

Telephone: 0300 123 4042

Textphone: 0300 123 4041

Calls to **0300** cost no more than a national rate call to a **01** or **02** number.

If you are worried that you or someone you know is at risk of abuse or neglect

Call us on **0300 123 4042**

(24 hours a day)

If you need help to understand

Call **0300 123 4042**

if you would like help to understand this information or need it in a different format. You can also ask to speak to someone in your own language.



Find out about our learning disability nurses and how we can help with your health at www.hertfordshire.gov.uk/LDmyhealth



Health Professionals can find information on our service and tools available at www.hertfordshire.gov.uk/ldprofessionals



Contact us:
01442 453017
Monday – Friday



9:00 to 5:00



Epilepsy.referrals@hertfordshire.gov.uk

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For more information about Adult Disability Services contact www.hertfordshire.gov.uk/contact or call HertsHelp on 0300 123 4044 or drop into your local library.