

Dating with Epilepsy

Have a plan

Dating can always come with awkwardness, so always have a plan in case you experience a seizure.

Don't be afraid

Disclose your epilepsy; if they can't handle it, it wasn't meant to be.

Be prepared

Your date may not know what epilepsy is.

Educate your date

Let them know what to do if you have a seizure and ensure there aren't any sharp edges around.

Be aware of your surroundings

Be mindful of the location of your date; if your seizures are triggered by flashing lights, maybe avoid a nightclub.

Remain calm

If you remain calm when explaining your epilepsy, your date will most likely stay calm as well.

Tips from Advocates:

Alan C., Anita M., Loretta B., Maria H., Susan N., Jeff K., Bill B., Greg and Melanie W., Amy W., & Mary Ann H.