

Living Alone with Epilepsy

Here are some tips from our Advocates on living alone safely.

Know how to travel around your area

If you live in a metropolitan area, your state or city may have a mobility system for people with disabilities. If there is not an adequate bus line or transportation services available, do not hesitate to coordinate travel with your support system.

Meet your neighbors

Neighbors can be a great asset. Don't be afraid to ask for help, and if you're nervous about meeting new people, try making some cookies to share.

Avoid dangerous tasks

Make sure to be extra careful with sharp tools or when doing risky chores, such as cooking.

Find pharmacies near you

Finding grocery stores and pharmacies that are near you or deliver is very helpful, especially if you are feeling tired or stressed.

Decorate for your epilepsy

Arrange your furniture so there are no sharp edges that may harm you in case of a seizure, especially in your bedroom. It's also important to make it a calm and safe space where you can relax.

It's your home—enjoy it.

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.

