



Legacy Bridges Foundation, Inc.

Raising Awareness. Shining a Light. Partnering to Find a Cure.

SUMMER 2023 NEWSLETTER



SEIZURE FIRST AID TIPS




Establishing back to school routines can be exciting and daunting. If your student has epilepsy, consider creating an Individualized Education Plan (IEP). Keeping this actionable document current will establish structure for the student, parents and educators; and promote educational advancement for your student.

This is also a great time to prepare a Seizure Action Plan to detail your students' health and medical information. This plan offers specific guidelines in response to your students' seizure activity and coordination of any prescribed rescue medications. Speak to school administrators for more information.

If you experience someone having a seizure, follow the steps below.

STAY. SAFE. SIDE.


How to help someone having a seizure:

STAY  **Stay** with the person until they are awake and alert after the seizure.


- Time the seizure
- Remain calm
- Check for medical ID

SAFE  Keep the person **safe**

- Move or guide away from harm

SIDE  Turn the person onto their **side** if they are not awake and aware.

- Keep airway clear
- Loosen tight clothes around neck
- Put something small and soft under the head

Call 911 if ... 

- This is the person's first seizure;
- It lasts longer than 5 minutes; or
- if they are injured, pregnant; or sick.

Courtesy of www.epilepsy.com



Rescue Medicine at School and Work: How To Prepare

Key Takeaways

- Seizure rescue medications for epilepsy are commonly prescribed to prevent a seizure emergency, which can cause brain damage.
- Seizure rescue medications are meant for use on an as-needed basis, not as a replacement for daily anti-seizure therapies.
- Understanding when and how to use prescribed rescue treatments is a critical part of a seizure action plan (SAP).

Most seizures last just a few minutes and resolve on their own without the need for emergency medical care. However, seizure emergencies that can cause injury or brain damage do occasionally happen, especially in cases of severe or treatment-resistant epilepsy. In these situations, a group of drugs called seizure rescue medications can help quickly stop seizures. Making a seizure action plan for what to do when a seizure occurs – including how to use rescue medicines – may reduce the likelihood of a seizure causing irreversible damage.

[Read full article at www.myepilepsyteam.com.](http://www.myepilepsyteam.com)

Courtesy of My Epilepsy Team: Medically reviewed by [Amit M. Shelat, D.O.](#) –

Written by [Nyaka Mwanza](#)



Our partner, Rare Patient Voice, LLC is offering patients (14 and older), caregivers, family and friends the opportunity to earn up to \$100 an hour for voicing their opinions. Learn more information at, <https://rarepatientvoice.com/TheLegacyBridgesFoundation/>

Help support our efforts!

Donate today!



Legacy Bridges Foundation, Inc.

Raising Awareness. Shining a Light. Partnering to Find a Cure.

SUMMER 2023 NEWSLETTER

8 WAYS

To Care for Yourself as an Epilepsy Caregiver



If you love and care for someone who has been diagnosed with epilepsy, you know how stressful it can be when you're anticipating the next seizure or trying to help them access good medical care. Unfortunately, this stress can take a toll on you.

Learning how to care for yourself, even as you continue to care for your loved one, can benefit both of you. In this article, we'll discuss why caregiving can be so hard and offer tips for improving your mental health, quality of life, and overall sense of wellness.

Why Do Epilepsy Caregivers Also Need Care?

Caring for someone with epilepsy can be stressful and lower your quality of life. After all, caregivers have a wide range of duties, depending on their loved one's type and severity of epilepsy. You may have to know how to help identify and avoid seizure triggers or care for them during a seizure. You may need to drive them to appointments, advocate for their medical care, or make sure they take their medication properly.

Offering this kind of care can be stressful, especially when you're doing it for a long time or without any end in sight. Caregivers can find themselves experiencing any of a number of symptoms of excessive stress, including:

- Losing interest in favorite activities
- Feeling overwhelmed or worried all the time
- Growing more tired and irritable
- Using alcohol and drugs in an attempt to feel better

No one wants to – or should have to – experience these emotions. When caregivers learn to care for themselves, too, they can minimize these symptoms, feel better about themselves and the loved one they care for, and improve their quality of life.

You can take several steps to invest in self-care, even as you are managing epilepsy for your loved one. To learn more, read the full article at www.myepilepsyteam.com.

Courtesy of My Epilepsy Team: Medically reviewed by Andrew Turner, M.D. – Written by Sarah Winfrey

ADAPATIVE SPORTS



Do you or your loved one have an interest to participate in sports and find that you are limited due to your disability? Well we've got good news for you!

SoCal Adaptive Sports goes to extraordinary lengths to identify potential and current athletes, and to meet them where they are in their life journey. This means engaging with athletes and their families on the playing field, in rehab facilities, hospitals, their homes and/or any other location that is comfortable.

Check out the website for more!
<https://socialadaptivesports.org/>

Begin to set aside your gently used clothing and home goods to support a good cause.

Fall/Winter Clothing Drive!
More details to come!

