

There are several products available that can help keep people with uncontrolled seizures stay safe; helmets, medication reminders, safe pillows and alarms.

HELMETS:

Parents of children with severe uncontrolled epilepsy may consider using helmets to protect their children from injury due to falls. Regular bike helmets offer some protection. When buying a helmet take care of the fit. Once on, the helmet should not move when your child shakes her head. Check to see if it fits firmly, is leveled with the child's head and the straps fit comfortably. Do not buy a second hand helmet; you do not know what it has been through. Helmets should be replaced after a hard fall.

You can buy specialty helmets in infant sizes with protective chin guards.

"Skullguard" Helmets (Ultra Lightweight Head Protectors)

These helmets are designed for children and adults who injure themselves during seizures. The helmet is flexible enough to fit the contours of the head and is held in place by an adjustable chinstrap.

Toll-free: 1-800-268-0184; <http://stevens.ca/generic.htm?ECINFO=EPILEPSY>

MEDICATION REMINDERS:

Having trouble remembering to take your medications on time? You are not alone and there are several companies with products aiming to help. Everything from pill organizers to digital prompts are available from these companies:

Medication Reminder Watch

Available in several different styles, this watch can give up to 12 reminders/day and store medical information including allergies and health care numbers; <http://www.cadexproducts.com/>

e-pill

This company sells a range of medication reminders and organizers to help people remember to take their medications e.g. reminder watches, automatic pill dispensers, vibrating pagers, cell phones, medical jewelry, and timers.

Toll Free 800-549-0095; <http://www.epill.com/>

SAFE PILLOWS:

These pillows are good choices for kids with nocturnal seizures. Because they do not easily mould around the face, they help to prevent suffocation while sleeping.

Sleep-Safe Products

These pillows are hand-made from soft, highly porous foam, which means that the open cell structure permits much greater airflow than conventional pillows; <http://www.sleep-safe.co.uk/>

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