

## Useful Products for People with Epilepsy

There are several products available that can help keep people with uncontrolled seizures stay safe; helmets, medication reminders, safe pillows and alarms. Epilepsy Ontario has a great webpage outlining these products. The site also allows you to request further information.

<http://www.epilepsyontario.org/client/EO/EOWeb.nsf/web/Helmets>

### 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.

#### **Danmar Products Incorporated**

Helmets shipped from the US.

Toll Free: 800-783-1998; <http://www.danmarproducts.com/index.cfm>

#### **"Skullguard" Helmets (ultra light-weight 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 or at [david.sampano@stevens.ca](mailto:david.sampano@stevens.ca)

### 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/>

### **Palm held devices**

OnTimeRx is a medication reminder program that delivers scheduled alerts to your cell phone or pager through web-based service. It provides alarm reminders, and a log which records whether each dose of medication was taken-or not. Person health information can be stored on this device as well.

Toll-free: 888-383-8688; <http://www.pillsinyourpalm.com/>

### **WatchMinder**

The WatchMinder2 has two modes, the reminder mode and the training mode. The reminder mode is useful for remembering specific tasks like taking medication and doing homework or chores. The training mode is useful for behaviour change and self-monitoring.

Toll Free 800-961-0023; <http://www.watchminder.com/about.html>

### **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. They are available from several companies. Here are a few:

#### **Chester Mobility Centre**

There are specially designed pillows that prevent suffocation.

<http://www.epiweb.org/sleepsafepillows.html>

#### **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/index.htm>

### **Alarms**

Most useful to those caring for people with nocturnal seizures, these detectors can recognize bedtime movement spasms, vocal sounds, cessation of breathing, dribbling or vomiting or wandering. Some sensors can detect a variety of symptoms and are provided with time delay and sensitivity adjustment.

#### **Home Care Communication System**

*Care Call* detection unit fits under the leg of most beds and detects the change in weight as someone leaves the mattress, sending a warning signal to an alarm beacon. A call button is also available to enable the user to summon help directly.

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