

VIP Sibling Seizure Plan

When your child with a rare epilepsy has a seizure, your VIP sibling may want to be involved and help out, or may prefer to stay busy in a different room. It's important to figure out what works best for your VIP sibling to make sure they're comfortable. Talk to them in advance about their role, when the family is not in crisis. This may help them feel more prepared and better able to cope when emergencies arise. This is also the perfect opportunity to review your family's emergency plan.*

You can use this worksheet to help create your VIP sibling's plan. Making decisions together can be reassuring!

Ask your VIP sibling:

- How do you feel when your brother/sister has a seizure?
- When your brother/sister has a seizure, would you like to help? Or would you rather do something else? Either choice is okay!
- What would you like to do when your brother/sister is having a seizure? For example, you could grab the medicine, watch for the ambulance, read a book in another room, or go to your "safe place."
- Do you have any questions or suggestions about how you can help when your brother/sister has a seizure? Or is there anything else you want to talk about?

TIP: If your VIP sibling has a hard time discussing what kind of VIP Sibling Seizure Plan they want, think about who else could help start or join this conversation.

Our seizure plan

Using the space below, write down the VIP sibling role that you decided together:

Discussing who will provide care during a medical crisis for your VIP sibling when you are unable to is another way to reassure your child. Using the space below, write down who will provide this care and any contact information:

Name:	Phone:	Relationship to child:
Name:	Phone:	Relationship to child:
Name:	Phone:	Relationship to child:

Talk about who else in your VIP sibling's support circle might benefit from knowing your child's plan.

From time to time, review and update your VIP sibling's plan if their feelings change.

Once you've completed the plan, put it where it can be easily retrieved.

*From the My Family Is Living with a Rare Epilepsy form