

Workshop A

Living with epilepsy: Sports and Leisure time

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Why should people affected by epilepsy be limited from participating in physical activity? Are seizures dangerous? We know that sport has many beneficial effects on our health so does it make sense to discourage epileptic persons from participating in sports. At the end of the day anyone participating in sport can be injured whether affected by epilepsy or not. Life is not meant to be lived in fear, fear of having a seizure, fear of getting injured. Fear limits you from achieving your goals and if we constantly have the question of 'what if?' in our heads then we will be limiting ourselves from doing things we enjoy doing or things we are good at.

If an epileptic person wants to pursue a career in sport, should they discourage themselves from doing so? Being epileptic does not make people want to participate less in sports but some may be discouraged because of stigma, discrimination or because they are told that it can be dangerous for them or the people around them.

Most epileptic people raise the question 'Should I mention that I have epilepsy?' before taking part in certain physical activities. As doing so, most of the time they are prohibited from participating in such activities due to safety. This only creates frustration and makes an epileptic person feel they are limited in participating in the activity they desire.

People present in the workshop included the Professor, people interested in sports, people affected by epilepsy, relatives and people working in hospitals. A total number of 14 people present at Workshop A.