

Learning disabilities are common in people with epilepsy. [NICE's guideline on epilepsies in children, young people and adults](#) includes recommendations to ensure that healthcare professionals:

- recognise learning disabilities in people with epilepsy
- give people with a learning disability the support they need to manage their epilepsy
- offer people with a learning disability the same treatments for their epilepsy as everyone else

This resource summarises these recommendations and provides links to other relevant guidance from NICE.

Recognising learning disabilities

- Be aware of the higher prevalence of learning disabilities in people with epilepsy
- Review neurodevelopment and learning disabilities as part of routine management of people with epilepsy

Support at all stages of care

Specialist epilepsy support

Support access to a tertiary epilepsy service for people with suspected or confirmed epilepsy and a learning disability who need additional specialist support

Support at appointments

Take into account information and support needs, for example:

- give longer appointments
- provide different formats for information, such as easy read or audio versions
- involve family members or carers or an advocate if the person wishes
- share information with those involved in their care

[NICE's guideline on decision making and mental capacity](#) also includes recommendations on supporting shared decision making

Coordinated care

- Provide coordinated care using a multidisciplinary team approach
- Be aware that children and young people with a complex childhood epilepsy syndrome may need additional support from a multidisciplinary team

[NICE's guidelines on mental health problems in people with learning disabilities](#) and [challenging behaviour and learning disabilities](#) also include recommendations on coordinating care

Regular reviews

Arrange regular monitoring reviews (at least annually) for adults with epilepsy and a learning disability

Testing at diagnosis

Consider whole genome sequencing for people with epilepsy of unknown cause who have a learning disability

Access to assessment for surgery

Do not exclude people with a learning disability from referral for epilepsy surgery assessment if indicated

Transition to adult services

Begin planning transition early for young people with epilepsy and a learning disability

[NICE's guideline on transition from children's to adults' services](#) also includes recommendations on transition planning and support

Monitoring during pregnancy

Consider more frequent monitoring reviews during pregnancy for women and girls with epilepsy and a learning disability

More guidance from NICE

- [Care and support of people growing older with learning disabilities](#)
- [Challenging behaviour and learning disabilities: prevention and interventions](#)
- [Learning disabilities and behaviour that challenges: service design and delivery](#)
- [Mental health problems in people with learning disabilities: prevention, assessment and management](#)