**Epilepsy and seizures- Ageing well toolkit**

One in every 4 people who are newly diagnosed with epilepsy is over the age of 65.

In around half of these people, no cause can be found.  Some people develop epilepsy because they have had a stroke or some other condition that affects their brain

A seizure happens when there is a sudden, intense burst of electrical activity in the brain, which causes the messages between cells to get mixed up. The result is an epileptic seizure.

How a seizure affects an individual depends on what area of the brain is involved in this intense electrical activity. They might lose consciousness or might stay aware of what’s happening around them. They might have strange sensations, or movements they can’t control. Or they might go stiff, fall to the floor and shake.

Some people only have one type of seizure, and some people have more than one type.

**Epileptic seizures**

[Focal seizures](https://www.epilepsy.org.uk/info/seizures/focal-seizures)

[Tonic-clonic seizures](https://www.epilepsy.org.uk/info/seizures/tonic-clonic)

[Absence seizures](https://www.epilepsy.org.uk/info/seizures/absence-seizures)

[Myoclonic seizures](https://www.epilepsy.org.uk/info/seizures/myoclonic-seizures)

[Tonic seizures](https://www.epilepsy.org.uk/info/seizures/tonic-seizures)

[Atonic seizures](https://www.epilepsy.org.uk/info/seizures/atonic-seizures)

**Other seizures**

[Febrile Seizures](https://www.epilepsy.org.uk/info/seizures/febrile-seizures)

[Dissociative seizures](https://www.epilepsy.org.uk/info/diagnosis/dissociative-seizures-non-epileptic-attack-disorder-nead)

Here are some of the seizure triggers that have been reported by people with epilepsy:

* [Not taking epilepsy medicine as prescribed](https://www.epilepsy.org.uk/info/triggers#not)
* [Feeling tired and not sleeping well](https://www.epilepsy.org.uk/info/triggers#tired)
* [Stress](https://www.epilepsy.org.uk/info/triggers#stress)
* [Alcohol and recreational drugs](https://www.epilepsy.org.uk/info/triggers#drugs)
* [Flashing or flickering lights](https://www.epilepsy.org.uk/info/triggers#lights)
* [Monthly periods](https://www.epilepsy.org.uk/info/triggers#periods)
* [Missing meals](https://www.epilepsy.org.uk/info/triggers#meals)
* [Having an illness which causes a high temperature](https://www.epilepsy.org.uk/info/triggers#illness)

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