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