

This is how I want you to help me when I am not feeling well or after I have a seizure.

Please help me stay where I am and I will continue whatever I was doing.

OR

I would like to go somewhere where I can lay down for a while.

Please stay with me for a while until I am feeling better.

OR

Please give me some privacy and some space, just check on me from time to time.

Please keep my space quiet.

OR

Noise is ok with me.

Please, No bright lights.

OR

Light is ok with me.

Please tell me what happened, I want to know.

OR

Please wait to talk about it until later.

My Special Request,

Please write in or draw picture on square and place here.



Please help me stay where I am and I will continue whatever I was doing.



I would like to go somewhere where I can lay down for a while.



Please stay with me for a while until I am feeling better.



Please give me some privacy and some space, just check on me from time to time.



Please keep my space quiet.



Noise is ok with me.



Please, No bright lights.



Light is ok with me.



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