A seizure is a sudden, uncontrolled electrical disturbance in the brain, which can cause changes in your behavior, movements or feelings, and levels of consciousness. 

**Focal seizure** begins on one side of the brain.

**Generalized seizure** begins on both sides of the brain.

**Focal to bilateral tonic-clonic seizure** a focal seizure followed by a generalized seizure.

### General symptoms of a seizure in older adults that are easily mistaken for signs of aging may include:

- Briefly distorted vision
- Brief loss of speech
- Confused speech
- Facial twitching
- Confusion
- Sporadic memory loss
- Suspended awareness
- Hearing things or seeing things

### Some possible seizure triggers

(These apply to all people with epilepsy and are not specific to the elderly population.)

- Stress
- Fever or acute medical illness
- Tiredness or lack of sleep
- Bright and flashing lights
- Not taking medicine as prescribed

### Triggers can differ from person to person, and some people may have no known triggers.

Remember to refer to your facility’s protocol indicating how to respond to suspected seizure activity and how to document the event.

This educational tool is not a substitute for your independent medical judgment.

**References:**