CALL EPILEPSY WA FOR MORE INFORMATION

CONTACT DETAILS

PHONE
1300 660 880

EMAIL
SUPPORT@EPILEPSYWA.ASN.AU

ADDRESS
THE NICHE
11 ABERDARE ROAD, NEDLANDS WA 6009

FACEBOOK
FACEBOOK.COM/EPILEPSYWA

WEB
EPILEPSYWA.ASN.AU

epilepsy wa ESTABLISHED 1963

SUPPORTING WESTERN AUSTRALIANS LIVING WITH EPILEPSY

epilepsy wa ESTABLISHED 1963

SUPPORTING WESTERN AUSTRALIANS LIVING WITH EPILEPSY

HAS YOUR LOCAL SCHOOL OR CHILDCARE BEEN TRAINED BY EPILEPSY WA?

1300 660 880
EPILEPSYWA.ASN.AU

Supported by the Department of Health

Government of **Western Australia**
Department of **Health**

epilepsy wa ESTABLISHED 1963

SUPPORTING WESTERN AUSTRALIANS LIVING WITH EPILEPSY

WE CAN HELP YOU

1300 660 880 - EPILEPSYWA.ASN.AU

- EPILEPSY INFORMATION & RESOURCES
- EPILEPSY SUPPORT GROUPS
- SEIZURE-ALERT DEVICE LOANS
- SEIZURE FIRST AID
- HOW TO MANAGE CARE PLANS & REDUCE RISK
- EPILEPSY TRAINING

and more...

ARE YOU EPILEPSY SMART?

1 IN 25 AUSTRALIANS IS DIAGNOSED WITH EPILEPSY

If you or someone you care about has been diagnosed, then we are here to help.

Since 1963, Epilepsy WA has been raising awareness, providing information and support networks for the people of WA.

Epilepsy is one of the most common neurological conditions, affecting 4% of the population over the course of a lifetime.

Epilepsy WA can help those living with epilepsy, their families and carers by providing:

- Monthly **support groups**
- Epilepsy **management** and **emergency medication** training
- Epilepsy smart **schools program**
- Information **telephone line**
- Online **community support** via our social media
- **Free seizure-alert** loan programs
- Seizure **head protection** display
- **Seizure-alert** technology display
- **Children's book loan** library
- **In-house nurse**
- **Providing pathways** to other services
- Compassionate ear **support service**
- Patient and carer **seminars** and **conferences**
- **Resources** and **factsheets**
- **Awareness-raising** and community **education**
- Systemic **advocacy**
- Face-to-face **support**
- Epilepsy **grief** and **loss support**

Taking medications as prescribed, reducing stress, getting adequate sleep and identifying your own personal seizure triggers are all important steps in helping to effectively manage your epilepsy. Exploring strategies to reduce risk and ensuring you have an up to date Epilepsy Management Plan in place are also highly recommended actions to take.

Connecting with others who are travelling a similar path may be beneficial and it may also help to alleviate feelings of isolation.

Maintaining regular medical reviews with your treating team, especially during pregnancy and family planning stages is crucial.

JOIN ONE OF OUR MONTHLY

SUPPORT GROUPS

We stand with you and the 1 in 25 people who will be diagnosed with epilepsy.

We have a thriving network of professionally facilitated epilepsy support groups in Western Australia. We offer monthly groups in Nedlands, Armadale, Bunbury, Midland and Joondalup, and we have one online support group via live video conference.

Call **1300 660 880** to confirm your attendance or email **support@epilepsywa.asn.au**