

## **Hobart LINC is on track to become an Epilepsy Friendly Workplace**

**Tasmania Collections staff at Hobart LINC completed workplace epilepsy awareness and seizure first aid training with Epilepsy Tasmania during National Work Safe Month, taking the organisation a step closer toward becoming an Epilepsy Friendly Workplace.**

Epilepsy is a common brain disorder that takes the form of recurring seizures. It can develop at any age regardless of ethnicity or gender. One in 10 people will experience a seizure, and one in 25 Australians (20,000 Tasmanians) will develop epilepsy at some point during their life.

Independent research recently revealed that 53% of Tasmanians living with epilepsy experience discrimination at some point in their life, with 51% of those within the last 12 months. **The most common place for discrimination is the workplace, followed closely by educational environments.**

“Epilepsy Tasmania’s workplace training demystifies epilepsy and the stigma that often accompanies it,” said CEO Wendy Groot. “Participants gain an understanding of the condition of epilepsy, how to differentiate between a seizure and other conditions, and the impact seizures have on people living with epilepsy.”

Senior Librarian at Hobart LINC, Elizabeth Roberts, described the training as excellent.

“I have had a number of staff approach me to say they now feel more confident in their understanding of how epilepsy works and how they might respond if someone has a seizure. And our two staff members who live with epilepsy appreciated the opportunity for their colleagues to learn a little more about something that they have to manage each day.”

Epilepsy Tasmania is a not-for-profit association that has been improving the quality of life and community participation of Tasmanians living with or affected by epilepsy for over 40 years. Its trainers have in-depth knowledge of epilepsy and work statewide with organisations of all sizes and across all sectors.

Businesses can find out more about becoming an **Epilepsy Friendly Workplace** on Epilepsy Tasmania’s website or by phoning 1300 852 853.

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**MORE INFO:** Claire Burnet on 0448 585 947 and [www.epilepsytasmania.org.au](http://www.epilepsytasmania.org.au)

### **INTERVIEW OPPORTUNITIES:**

- Epilepsy Tasmania's Chief Executive Officer - Ms Wendy Groot.

### **CONNECT WITH EPILEPSY TASMANIA ON SOCIAL MEDIA:**

Twitter: @epilepsytas

Facebook: <https://www.facebook.com/EpilepsyTasmania/>

Hashtags: #EpilepsyFriendlyWorkplace #DonateToTheLavender

### **ABOUT EPILEPSY:**

Epilepsy is a very common and serious condition that affects nerve cell activity in the brain and results in unpredictable, recurring episodes known as seizures.

A seizure is a disturbance of movement, feeling or consciousness and involves sudden, inappropriate and excessive electrical discharges in the brain. Seizures manifest differently for different people.

Epilepsy can develop at any age regardless of ethnicity or gender. One in 10 people will experience a seizure, and one in 25 Australians (20,000 Tasmanians) will develop epilepsy at some point during their life.

### **ABOUT EPILEPSY TASMANIA:**

Epilepsy Tasmania is a not-for-profit association improving the quality of life and community participation of Tasmanians living with or affected by epilepsy.

### **ABOUT DONATE TO THE LAVENDER:**

Epilepsy Tasmania is a Tasmanian not-for-profit association significantly reliant upon donations and grants, and the only one providing on-the-ground services and support in Tasmania for Tasmanians who live with or are affected by epilepsy.

As we approach our major annual fundraiser this March - International Epilepsy Awareness Month - we are noticing an increasing number of interstate charities collecting donations within Tasmania yet not providing actual services or support here.

To prevent misunderstanding and stop much-needed donations from being taken out of our state, Epilepsy Tasmania has introduced its **Donate to the Lavender** logo: when you see this logo or the name **Epilepsy Tasmania**, rest assured your donation will stay in Tasmania and be used to help Tasmanians.

