

# Epilepsy & You

## WHO ARE WE?

Epilepsy Tasmania is a not-for-profit organisation providing a broad range of resources and services across Tasmania to improve the quality of life and community participation of Tasmanians living with or affected by epilepsy.

## WHAT DO WE DO?

Our registered nurse, social worker and trainers travel statewide to help Tasmanians manage their epilepsy.



Providing an understanding of epilepsy and seizure first aid within workplaces.



Telephone-based peer support service for Tasmanians living with or affected by epilepsy.

## WE ALSO OFFER:

- Smart Schools: Educate Me, Include Me program.
- Epilepsy in Later Years: Understand Me, Support Me program.
- Support groups and social events.
- Personal, individual and family support.
- Clinical support link to providers of direct care/healthcare professionals and NDIS services.
- Community awareness and advocacy.
- Epilepsy first aid and emergency medication training.

## OUR VALUES

ACCESS

INCLUSION

INNOVATION

HONESTY

## SUPPORT

**Talk to us about how to make living with epilepsy easier through:**

### SPECIALISED EQUIPMENT

- LifeMinder (as pictured)
- Seizure Detection Mat
- Bed Exit Alarm
- Omricon Care 170 Phone
- Light-sensitive glasses



### INDIVIDUAL SUPPORT

- Home safety advice
- Seizure diary
- Wellbeing map
- Epilepsy management plan
- Epilepsy medication plan
- My Medical Appointment booklet
- Printed resources and up-to-date research
- Vagus nerve stimulation training
- Epilepsy library
- Social and community events

**Become a Friend of Epilepsy Tasmania and receive our complimentary Brainwaves newsletter by email or post.**

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# 1300 852 853

[www.epilepsytasmania.org.au](http://www.epilepsytasmania.org.au)