



## **Our contact** details

**Phone:** 

(08) 6457 7699

Web:

www.epilepsywa.asn.au

**Email:** 

support@epilepsywa.asn.au

**Facebook:** 

www.faceboook.com/EpilepsyWA

**Address:** 

The Niche 11 Aberdare Road Nedlands WA 6009 Is your local school Epilepsy Smart?



www.epilepsysmartschools.org.au

How can we help you?

1300 852 853



## I in 25 West Australians will be 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:

- Support Groups
- Community Education
- Epilepsy & Emergency Medication Administration Training
- Epilepsy Smart Schools Recognition Program
- Free Seizure Alert Bed Mat Loans
- Seizure Alert Technology Display
- Head Protection Display
- Compassionate Ear Support Service
- Information and Pathways to Other Services
- Systemic Advocacy
- Awareness Raising

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.

## Epilepsy WA is a not for profit organisation and we rely on the generosity of the community to continue our activities.

We urge you to consider joining as a member. Please complete the form below and return it to our office.

Full Name	
Address	
Suburb/ Postcode	
Phone/ Mobile	
Email	
Membership Type (Please tick)	Single \$30 Concession \$25 Corporate \$50
Credit Card Number	
Expiry Date	
Cardholder's Name	
<b>Donation</b> (Optional)	\$10 \ \$20 \ \$50 \ \$100 \ \ Other amount \$ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
Please post or email to	Epilepsy WA – REPLY PAID 85082 – Nedlands WA 6009 support@epilepsywa.asn.au
Date	/ /

Please note memberships fall due for renewal each September.