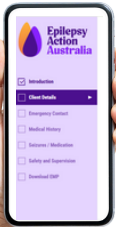


PRACTICAL TOOLS TO HELP YOU MANAGE YOUR EPILEPSY



EPILEPSY MANAGEMENT PLAN (EMP)

An EMP gives essential information about how to help when someone has a seizure. It is vital for anyone who may need to ensure safety, or provide first aid, during and after a seizure.

EAA's new online EMP can be easily completed by you or your caregivers.

Our Epilepsy Nurses are available to help if you need any support.



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TRAINING IN ADMINISTERING EMERGENCY MEDICATION

It is vital that anyone who may have to administer emergency medication in the home, school or community is confident and capable of doing so safely and effectively. Our interactive online training developed by specialist epilepsy registered nurses

www.learn.epilepsy.org.au/w/courses/ provides the skills required. Enquire about our wide range of courses on offer.

THE NATIONAL EPILEPSY LINE - 1300 37 45 37 (1300 EPILEPSY)

Call us for any information and support for any epilepsy related questions.
www.epilepsy.org.au/book-online/

The National Epilepsy Line is a free phone, email and telehealth service delivered by specialist epilepsy nurses for both health care professionals and people affected by, or wanting to know more about epilepsy.

FACTSHEETS

We offer a variety of factsheets covering a wide range of topics from driving to safety to surgery.



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SUDDEN UNEXPECTED DEATH IN EPILEPSY (SUDEP)

SUDEP is the sudden, unexpected, non-traumatic death of someone with epilepsy, in which no cause can be found. It often occurs during sleep and is unwitnessed.

Each year approximately 1 in 1,000 people with epilepsy die from SUDEP. The cause remains under investigation, however there is a growing body of evidence about risk factors.

The [SUDEP and Seizure Safety Checklist](#) is an evidence-based risk management tool for health care professionals to use with their patients with epilepsy. Speak with your doctor or one of our Epilepsy Nurses to go through the Checklist to discuss ways to reduce your risk.



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EPILEPSY, WOMEN AND PREGNANCY

Reproductive hormones can affect seizures, so it's important to be aware of this during times of hormonal change, such as adolescence, pregnancy, peri-menopause, menopause, and post-menopause.

Women taking antiepileptic medication have a higher [risk of having a baby with birth defects](#) or learning difficulties. However, this risk can be reduced with careful medication management during pregnancy.

EAA is a major supporter of the Australian Pregnancy Register for Women taking Antiepileptic Medication (APR), an independent observational register run through the Royal Melbourne Hospital Neuroscience Foundation. Please consider participating in this research study and sharing your experiences if you are pregnant, considering pregnancy or have given birth in the last 12 months.



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TEENS AND YOUNG ADULTS

There are a number of considerations as young people with epilepsy become more independent in managing their own epilepsy. We have [specifically designed resources](#) for young people to support them moving into their adult years.



ASK AN EXPERT SERIES

For further information about epilepsy management from leading neurologists and epileptologists see our [Ask an Expert Video Series](#). This covers commonly asked questions by people with epilepsy.

TO LEARN MORE ABOUT OUR SERVICES, SCAN THE QR CODE OR CONTACT US VIA PHONE OR EMAIL



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1300 37 45 37



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