

# Our Services



Epilepsy New Zealand is committed to reaching and supporting people who live with epilepsy. We are also here to assist individuals and organisations who support, care for or work with people who live with epilepsy.

## INFORMATION AND RESOURCES

Epilepsy New Zealand Support and Information Line operates Monday to Friday between 9.00am and 5.00pm. The Support and Information Line is staffed by Epilepsy Educators with expertise in how epilepsy affects health, well-being and daily living issues incorporating person-centred, self-management strategies.

We do our best to be responsive to all referrals, although waiting periods may apply in busy periods. Please indicate the urgency on referrals, as referrals can be triaged depending on need.

## SUPPORT SERVICES

Epilepsy Educators are available to assist people living with epilepsy and their families and support networks.

Epilepsy Educators can provide:

- advice and information about epilepsy
- advice about risk management and living well with epilepsy
- individualised support for people living with epilepsy who require assistance with accessing supports and community resources
- development of tailored seizure management plans

People are able to self-refer to our services. We also welcome confidential referrals from health



**0800 37 45 37**



**[national@epilepsy.org.nz](mailto:national@epilepsy.org.nz)**



**[www.epilepsy.org.nz](http://www.epilepsy.org.nz)**

professionals.

## EDUCATION AND TRAINING

Epilepsy New Zealand offers evidence-based general and person-centred epilepsy [education and training](#) programs designed for families, schools, communities and the workplace. Our training programmes increase awareness and understanding of epilepsy in the community.

Past participants have told us that they feel more confident in recognising seizure activity and providing person-specific support after completing our training programs.

People living with epilepsy experience better outcomes through improved epilepsy knowledge, [seizure management plan](#) development, [seizure first aid](#) response and [training in emergency medication administration](#).

## PEER SUPPORT/SEIZURE-FIRST-AID

A number of peer support groups are run throughout the year for families, young people and adults living with epilepsy. Our [Facebook page](#) provides opportunities for people living with epilepsy and their families to connect with others and share their stories.



**0800 37 45 37**



**[national@epilepsy.org.nz](mailto:national@epilepsy.org.nz)**



**[www.epilepsy.org.nz](http://www.epilepsy.org.nz)**