The Epilepsy Foundation is pleased to share with you our final edition of *Epilepsy Matters* for 2018. Since our last edition we have continued to work towards our vision that no one with epilepsy goes it alone. As part of this we have seen an increase in the number of people living with epilepsy receive support, train even more people to become ‘epilepsy smart’ in schools and other workplaces, and also raise awareness of epilepsy within the wider community through a range of events.

The last few months have seen us work tirelessly to secure ongoing Government funding for our critical services, with announcements about the outcome of this due soon. I would like to take this opportunity to thank all of the clients and supporters who shared their stories as part of our funding advocacy campaign.

October saw us hold our very first *Walk for Epilepsy* event in Melbourne, where over 700 people gathered to take part. The success of this community and fundraising activity will allow us to offer even more services and support in 2019, and I am thrilled to announce we will be holding next year’s walk on the 20th of October 2019.

In this edition you’ll find an update on 2019 achievements, details about new resources, information about our *Epilepsy Smart Schools* program, and some useful tips for keeping safe during the upcoming holiday period. I also offer my personal thanks to all members of the Epilepsy Foundation team for their hard work and commitment throughout 2018, without which our impacts would not have been possible.

On behalf of staff, Board members and myself, I wish you an enjoyable and safe time over the holiday season and look forward to working with you again in 2019.
**Australian Epilepsy Research Fund**

The Epilepsy Foundation is pleased to announce that the inaugural Funding Round of the Australian Epilepsy Research Fund (AERF) is underway. The AERF will strengthen the support available today, and provide hope for a future cure.

The AERF seeks to fund projects that will have a lasting beneficial impact on the lives of people living with epilepsy - our mission is to reduce the impact of epilepsy by promoting and funding patient-focused research. The AERF strongly encourages multidisciplinary, collaborative projects, as well as applications from early career researchers, supporting the next generation of epilepsy researchers.

The AERF was initiated in 2018, with the assistance of the Australian Government Department of Health's Medical Research Future Fund (MRFF) scheme and has been further boosted by philanthropic donations.

The inaugural funding round will predominantly be focussing on studies that have (i) a specific focus on the genetic underpinnings of epilepsy and/or treatment for rare genetic epilepsy disorders, and (ii) projects that are expected to produce tangible outcomes for people living with epilepsy in the short- to medium-term.

All AERF Proposals will be submitted to a peer review process and also assessed by a focus group of people living with epilepsy. More information about the AERF, the Peer Reviewers and Guidelines can be found on the Epilepsy Foundation website.

Information about the studies funded through the AERF will be published in Epilepsy Matters as they arise – watch this space!

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**Client Survey**

The Epilepsy Foundation is always looking for ways to improve how we support those living with epilepsy. To capture your feedback and ideas we would be grateful if you could complete our 2018 Client Survey. The survey takes approximately 10 - 15 minutes and is a chance for you to comment on your experiences with the Epilepsy Foundation, so that we can enhance our services and activities in 2019 and beyond.

The survey can be completed anonymously and all information provided will be treated in the strictest of confidence. We firmly believe that surveying our clients is the best way of measuring client satisfaction, ensuring we are meeting our community's needs and sourcing ideas for ongoing quality service improvement in the future.

To complete the survey visit - [www.surveymonkey.com/r/RPVC3CQ](http://www.surveymonkey.com/r/RPVC3CQ)

If you would like help filling in the survey please call Juliette Parker on 8809 0672 or email jparker@epilepsyfoundation.org.au

Thanks for your support!
Clinical Trial Seeking Participants

The Australian arm of an international collaboration has recently started recruiting participants for a clinical trial into the use of Perampanel (Fycompa) for patients with Lennox Gastaut Syndrome (LGS). Trials are being run in Melbourne, at the Royal Melbourne Hospital, St Vincent’s Hospital and The Alfred Hospital, and in Brisbane at the Royal Brisbane Hospital.

This study is being sponsored by Eisai Pharma and commenced in the US in 2016, where they have already recruited over 140 participants. Further information on the US trial can be found here: https://clinicaltrials.gov/ct2/show/NCT02834793

In particular, the study is looking to recruit anyone over 2 years of age with a diagnosis of LGS. If you would like more information, please contact Hannah English at: Hannah.English@ppdi.com

Tiny device could help treat neurological conditions without open-brain surgery

Melbourne-based researchers have developed a world-first device that could help treat neurological conditions, such as Parkinson’s disease and epilepsy, while avoiding the need for open-brain surgery.

The University of Melbourne team have been working on an alternative open-brain surgery since 2012 and have invented a stimulating device, a ‘Stentrode’, implanted in blood vessels next to the brain’s motor cortex.

This news story featured Maree, our Epilepsy Support Worker’s, experience with epilepsy-related brain surgery some years ago.

This news also highlights potential future advancements in epilepsy treatment and just how hard local researchers are working to improve the lives of those living with epilepsy and other neurological conditions.

Check out the Channel 9 news story for more information and the interview with Maree.
Our friendly and experienced Epilepsy Support Worker Team gain a lot of satisfaction supporting people living with epilepsy and all those who care for them. Just as epilepsy is a very individualised condition, so too are the requests for support from people living with epilepsy, parents, siblings, partners, friends, teachers, carers and co-workers.

Our Support Workers Monique, Lisa, Rheana, Maree, David and Eileen were honoured to support over 900 people so far this year. They have also had the pleasure of hosting Peter, a Masters in Social Work student, who has contributed significant skills to the team, and developed new knowledge to support people living with epilepsy during his three month placement with the Epilepsy Foundation.

In addition to supporting individuals the team also offered community information sessions, assisted Peer Support Group Leaders to coordinate activities, and presented at conferences to advance epilepsy awareness.

The type of support differs from person to person, often influenced by their experience with epilepsy and/or their current life stage. During 2018 the team worked with people who had been newly diagnosed through to those who have lived with epilepsy their entire life, and every life stage in between. The team provided a listening ear, informative resources, referrals to other health services, and assistance during difficult situations. A new service which commenced this year was a one-on-one counselling service, a multi-disciplinary support approach now available to individuals and families over the phone or via face-to-face meetings.

During the year the most significant number of requests for support were centred around key life transition points – recent diagnosis, starting school, driving, joining or re-entering the workplace, pregnancy and parenthood, and entering the later years of life. In addition, there were numerous requests for information about the National Disability Insurance Scheme (NDIS), equipment and safety, and ways of sourcing local community supports.

During 2018 the team also worked closely with 318 people to develop their own individualised Epilepsy Management Plan, an important tool designed to give people peace of mind and confidence in the event of a seizure. The Epilepsy Foundation strongly suggests that all people living with epilepsy consider developing an Epilepsy Management Plan, something you are welcome to discuss with the team.

With the end of the year fast approaching, the Epilepsy Support Worker Team wishes everyone a safe and relaxing holiday time. The team also looks forward to supporting current and new clients in 2019.

“Thank you for including my son and allowing him to be himself.”

“People prepared to listen and have an understanding of the difficulties faced by carers of someone with uncontrolled epilepsy.”

“It’s great talking to the support people who have been trained to help in various ways to make life easier to overcome certain barriers (problems) that we face.”
Dora, Margaret, Kelly and Bianca make up our Education and Training Team and bring together experience in nursing and community services. The team work closely with families, schools and community organisations to build their capacity and confidence in supporting the needs of children and adults living with epilepsy.

The team educate participants in various community settings to understand epilepsy, deliver seizure first aid and administer emergency medication. This involves training those who have a duty of care and responsibility in the early childhood, education, disability and aged care sectors.

The team has been very busy in 2018 with over 7,000 people so far completing epilepsy training programs via a combination of onsite and online delivery, demonstrating significant progress towards an ‘Epilepsy Smart Victoria’.

This year we saw an increase in the uptake of flexible and accessible online training options by individuals and organisations. Our online training is becoming more popular as people realise that they can undertake one of our programs at a time that best suits them and via a self-paced learning style.

Our Education and Training Team enjoy being able to share their knowledge of epilepsy to suit the needs of a variety of groups, from individual families learning to administer emergency medication through to sector-specific training advancing epilepsy knowledge within their workplace.

The team also enjoy the opportunity to speak at conferences and forums, to introduce epilepsy and epilepsy management practices amongst a wide range of professional groups, something that was conducted throughout the year.

With more sector-specific training set for release in 2019, the team looks forward to training many more people in the coming year. The Education and Training Team wishes everyone a relaxing and safe holiday season.

I'm grateful for the willingness of nurse educators to talk with us about the training sessions they conduct with disability service staff where our daughter attends her day program.

The staff were very efficient, kind and helpful – they organised the paperwork I needed for the school with little input from myself! I have so much on my plate and they were very understanding of that. Also gives you peace of mind that the school has relevant paperwork and training to manage my child's epilepsy.

I was able to ask questions about my child specifically. The nurse answered my questions and I feel much calmer now.
Walk for Epilepsy

The Epilepsy Foundation held its inaugural Walk for Epilepsy event on the 21st of October at Princes Park in Melbourne. This event was our first time for individuals, families and friends who all share a common connection to epilepsy to engage in a leisurely community activity.

708 people joined us to support, celebrate and acknowledge all those who live with epilepsy. We were thrilled to see children and adults of all ages take part in the pre-entertainment activities before walking in the sunshine around Princes Park. Everyone was treated to live music from Hay Bax, child friendly art activities, and a traditional sausage sizzle provided by Glen Waverley Rotary volunteers. When the siren rang at 11am it was an absolute joy to witness a sea of excited participants, wearing their green Walk for Epilepsy t-shirts, commence the 3.2km or 6.4km walk.

The impact of Walk for Epilepsy was heartening. Participants were able to meet and catch-up, stories were shared, friendships were established, children played with one another, and many people commented that Walk for Epilepsy should be an annual event.

Through the gathering of family and friends, participants played an incredible role in raising awareness of epilepsy, a condition which affects 65,000 people in Victoria. Many participants created fundraising teams, posted information on social media and allowed us to share their personal stories through newspapers and radio. We extend our thanks to Print Impressions, Eastern Press, UCB, Mount Waverley Rotary Club and City West Water who generously donated time, resources and enormous commitment. Together we collaboratively worked to broaden knowledge of epilepsy with everyday Victorians.

Participants in Walk for Epilepsy raised just over $100,000, funds which will go towards supporting people living with epilepsy, their families and to raising awareness of epilepsy with the wider community.

The Epilepsy Foundation is proud to announce that the second annual Walk for Epilepsy will be held on Sunday the 20th of October 2019. So, save the date in your calendar and consider taking part next year!

The hardworking Fundraising Team must be applauded for transforming the inaugural Walk for Epilepsy into a reality. Their passion, commitment and dedication to people living with epilepsy helped to ensure that the event was such a success that it will now be part of our annual calendar.

The Epilepsy Foundation is grateful to the hundreds of generous people and companies who share our vision that no one with epilepsy should go it alone, as demonstrated in their support for Walk for Epilepsy.
In the lead up to Walk for Epilepsy a range of supporters kindly shared their individual stories, connections to epilepsy and explanations as to why they were taking part.

We are honoured to share a selection of these stories with you …

Laura’s Story

"Rewind to May 2015 when at 20 years old, I had my first seizure in a small room at home. It was the worst kind, tonic-clonic, and 10 minutes later I emerged black and blue.

I was rushed by ambulance to hospital and, after a 9 week stay at the Alfred Hospital, the Neurology Team diagnosed me with a rare form of autoimmune encephalitis (something I didn’t know even existed). I’ve since had numerous MRIs, ultrasounds, EEGs, lumbar punctures and video monitoring all in the name of trying to find a solution.

Fast forward to today… at 24 years old I no longer have encephalitis but I’ve been left with epilepsy that’s semi-resistant to the large cocktail of drugs I’m still on. Hopefully one day I’ll get back to university, working and do things in life that we can take for granted such as being legally allowed to drive, writing with a pen or remembering words during a conversation. For now though, this is my new normal!

I cannot put into words how grateful I am for the incredible support I have received over these past 4 years however, I know this not only has an impact on those suffering but also their friends and family. I also know that there are others out there experiencing the same (if not worse) so I would like to try and help in any way I can."

My husband, Dale, and I are walking in the inaugural Walk for Epilepsy for a very special reason. I have lived with epilepsy for 20 years and have done some fundraising in the past for the Epilepsy Foundation to give back and to raise awareness for something I've lived and sometimes struggled with for most of my adult life.

This time we're doing it for Maggie, our 20-month-old Daughter. Last year Maggie was diagnosed with Infantile Spasms which is a rare and often catastrophic epilepsy disorder which commences in infancy. It was a very scary time for us and it was something I'd never heard of despite always doing a lot of research into the different epilepsy types.

Through participating in the walk, we'd like to push for more awareness and reduce the stigma associated with epilepsy as it has changed our lives as a family forever."

Liv’s Story
During 2018 the Epilepsy Foundation was privileged to collaborate with Nurse Robbie (Robbie Bedbrook) to develop informative videos about epilepsy, designed to raise awareness and increase knowledge of epilepsy in the wider community.

Nurse Robbie is a Registered Nurse with a passion for health promotion, social justice and primary health care. Nurse Robbie’s goal is to improve health literacy, increase the uptake of technology and social media in healthcare and advocate for the critical profession of nursing.

Nurse Robbie works in Primary Health Care (PHC) with a special interest in sexual health, mental health and managing chronic illness. In 2016 he founded the health promotion channel Hot on Health, which seeks to use video content to improve rates of health literacy and promote the under-developed and under-represented field of PHC nursing. Nurse Robbie firmly believes that “there is no healthcare without self-care”, something that the Epilepsy Foundation firmly believes in also!

**Nurse Robbie Talks Epilepsy**. In this video Nurse Robbie explains that an iceberg analogy is a good way of highlighting that the impacts of epilepsy can often be far greater than a seizure itself. Just as only the tip of an iceberg can be seen above the surface of the ocean, with epilepsy a seizure can often be easily seen but many of the other possible impacts of epilepsy may be hidden from view. [Click here to watch the video!](#)

**Nurse Robbie Talks Epilepsy Myths**. In this video Nurse Robbie discusses that despite how far we’ve come in our understanding and treatment of epilepsy, and other neurological conditions, there is still a lot of misinformation out there. This video busts some common epilepsy-related myths in order to build a better understanding and in turn reduce stigma and discrimination. [Click here to watch the video!](#)

**Nurse Robbie Talks Epilepsy in Schools**. Did you know that 1 in 200 Australian children and young people attending school are living with epilepsy? In this video Nurse Robbie looks at navigating school while also living with a chronic illness, offering important things to think about during this period of growing up. [Click here to watch the video!](#)

Nurse Robbie has developed resources and videos across a wide range of topics which are an invaluable source of information. We encourage you to visit his website and look at the array of videos he has created - [www.nurserobbie.com](http://www.nurserobbie.com)

We can't thank Nurse Robbie enough for giving his time, expertise and passion to support people living with epilepsy!
Travel Tips

Travelling is one of the joys of summer. You might even be planning some in Australia or overseas during the upcoming holiday period right now. Living with epilepsy, or caring for someone who does, shouldn't stop you from travelling. You might just need to plan a bit more to ensure your individual needs are met.

Below are some tips we hope will help to ensure your time away is enjoyable and safe:

Preparing for travel

- If travelling to destinations that require a vaccination, speak to your doctor about any impacts a vaccination may have on seizure activity and/or your anti-epileptic drugs (AEDs).
- Seek your doctor’s advice about adjusting your medication regime to accommodate changes in time zones. Remember, sleep deprivation (which can happen when travelling to different time zones and/or long travel periods) can be a seizure trigger for some people.
- Consider travelling with a companion who knows what to do if you have a seizure.
- If travelling with a tour group, make sure the tour leader knows what to do if you have a seizure. If you have an Epilepsy Management Plan or Emergency Medication Management Plan, provide a copy to the tour company.
- Wear a medical ID bracelet that lets others know you have epilepsy. Medical bracelets are generally recognised in most countries and will be of assistance should you be taken to hospital.
- If tiredness and fatigue are seizure triggers for you, have a rest before and during the trip. You might even want to consider a stop-over if your flight is going to be a lengthy one.
- Consider using a travel agent to make your bookings, as they can check specific information on your behalf.

Documents

- Take a medical certificate or letter from your doctor that describes your epilepsy, the medications you take, and confirms that the medications are for your personal use only.
- Have your doctor’s contact details with you, in case you need to get in touch for advice or assistance while travelling.

Medications

- Factor in any time differences to ensure your medication is taken correctly and at the prescribed intervals.
- Have enough medication to cover the entire time away as, depending on where you are travelling to, it may be difficult to have prescriptions filled.
- It is best to keep the medication in its original packaging, as this will show the medication name, that it has been prescribed for you, and the dosage level.
- To reduce the risk of medications being lost in transit, pack them in a clear plastic bag in your carry-on luggage.
Travel Tips

Airlines and Airports
- All airlines are required to support the accessibility needs of travellers but it is important to make them aware of any specific needs when booking. It is particularly important to let the airline know if you have any mobility or support needs so that arrangements can be made to get you on and off the plane safely.
- Information about airline policies and specific accessibility support can be found on the company's website or by calling them directly.
- Very large airports have long distances between check-in and boarding locations. If mobility is a concern and/or you have already been travelling for an extended period and worried about seizure activity, consider asking for assistance (motorised vehicle or travel chair) to get to or from gate lounges. This can be particularly useful if you are rushing to catch a connecting flight, and concerned that stress may lead to seizure activity.

Eating and drinking
- When travelling you may find that your usual eating patterns and food choices change, particularly when in other countries. Eat food that you are confident won’t interfere with seizure activity – just ask restaurant staff about food ingredients if you’re unsure.
- Eat regularly to keep up your blood sugar levels, as for some people low blood sugar levels can be a seizure trigger.
- Holidays can be a great time of celebration and relaxation, and there may be a temptation to drink alcohol at levels which could increase seizure activity. Remember, consuming too much alcohol can be risky for people living with epilepsy.
- If you are in a country or region where the water quality is uncertain only drink bottled water. Only use safe water when brushing your teeth too. Drinking or using water of uncertain quality can lead to feeling unwell or gastric upsets, which can reduce the absorption of AEDs and possibly lead to seizure activity.

Accommodation
- If mobility is a consideration for you, check that your destination hotel is accessible. For example, check whether it has accessible entry, ramps and/or safe shower access.
- If you require the use of a shower chair/stool, speak to the hotel to make sure that they can accommodate your needs.
- On arrival at your accommodation check for any sharp objects or furniture which could be harmful during a seizure. Avoid hurting yourself or causing damage when moving furniture by always asking for assistance from hotel staff.
Travel Tips

Insurance
• When travelling overseas it is highly recommended that all people take out relevant travel insurance to protect their belongings and health.
• Most travel insurance companies regard epilepsy as a pre-existing condition. This may translate to paying a higher insurance premium or you may find it difficult to obtain insurance that will cover health.
• Some travel insurance companies will require that there has been no changes to your medication regime and/or no hospital admissions in the past 12 – 24 months before they will insure you. So, be sure to discuss your specific circumstances with potential insurers to learn about their insurance coverage terms and conditions.
• Be honest and accurate when speaking with a potential travel insurer. Non-disclosure of known issues such as epilepsy may invalidate your insurance policy. Being without travel insurance for health can have significant financial implications and it is important to check your coverage.
• For further information visit the Chronic Illness Alliance website which has useful information about travel insurance for people with chronic health disorders.

Reciprocal health care arrangements
• Australia has reciprocal health care arrangements that cover the cost of medically necessary care for Australians visiting eleven different countries, enabling you to receive emergency care or medical support whilst away.
• Participating countries, eligibility requirements and the agreement conditions Australia has with each nation are detailed on the Department of Human Services website.

Government advice
• When planning international travel, it is a good idea to use Australian Government websites including:
  • TravelSECURE – provides a range of advice and tips to help you prepare for your journey, clear security checks quickly and easily, and information for travellers with specific needs.
  • Smart Traveller – provides updated information about the safety of countries on your travel itinerary, consular details, and a place where you can save your trip itinerary and contact details in the event of an emergency.
Be prepared for weather events

The summer season increases the risk of bushfire and/or other severe weather events. Therefore, it is important to be well prepared to ensure your safety in the event of storms, bushfires, cyclones or other serious environmental situations.

Emergency information, relevant to any weather events in your area, is provided by your local emergency services authority (e.g. VicEmergency) and the media. Follow instructions and advice provided by these organisations in relation to shelter and survival.

If you live with epilepsy and are facing a potential weather emergency there are some precautionary things to consider:

- Ensure you have enough anti-epileptic drugs (AEDs), or any other medications you take, to cover you in case you cannot stay in your house or are unable to visit a pharmacy to fill prescriptions.
- Keep your Epilepsy Management Plan and/or Emergency Medication Management Plan, AEDs and other drugs, and prescriptions in a water/heat protective container.
- Charge your phone and electronic devices so that you can stay in touch with others.
- Ensure you have access to drinking water, as dehydration can be a seizure trigger.
- Consider temporary relocation, such as staying with friends/family or attending a designated safety shelter, and provide anyone supporting you with a copy of your Epilepsy Management Plan.
- If your seizures change after the event is over, or you have run out of medication, speak to your doctor or visit the local hospital emergency department.

We hope that this summer does not lead to any dangerous weather events. But in case it happens we hope this preparatory information is of help!

Resources - *Know Me, Support Me*

The Epilepsy Foundation recently released a new suite of resources for people who live with epilepsy and a cognitive disability, their families and disability support workers. In addition to a wide range of downloadable information sheets and tools, a practical guide and easy English booklet may be useful when discussing epilepsy and its impacts.

To access the resources visit Epilepsy Smart - [www.epilepsysmart.org.au/disability-resources](http://www.epilepsysmart.org.au/disability-resources)
With planning for the 2019 school year in full swing, have you explored whether your school is an *Epilepsy Smart School*?

An *Epilepsy Smart School* is one which embeds inclusive, safe and educationally sound practices for all primary, secondary and special school students living with epilepsy.

The *Epilepsy Smart Schools* program, and now in policy for Victorian Government schools, has been extended to become a national initiative. With 1 in 200 students living with epilepsy, the *Epilepsy Smart Schools* program aims to positively support everyone in school communities and create generational change through better understanding of epilepsy.

To become a recognised *Epilepsy Smart School*, schools must complete three steps:
1. Demonstrate that the school supports any known student living with epilepsy
2. Ensure all teachers with a duty of care have received epilepsy-specific training
3. Educate students about epilepsy.

Parents and carers want to know that their child is in safe hands, getting the best education they can and are able to participate in all school and community activities.

Teachers and school staff also want to know that they can support all students within their class to participate fully. Training and information provided as part of the *Epilepsy Smart Schools* program allows these wants to be achieved.

All Australian pre-schools, primary schools and secondary schools are eligible to become recognised as an Epilepsy Smart School.

If you would like to learn more about how your child’s school, or your own school workplace can become an Epilepsy Smart School, please visit [www.epilepsysmartschools.org.au](http://www.epilepsysmartschools.org.au)

You can also view our *Epilepsy Smart Schools* video which shows just how important and valuable participation is for students, parents, teachers and principals alike - *What is an Epilepsy Smart School?*
Epilepsy Matters

Some recent Australian and international news articles and shows related to epilepsy might interest you …

**Sisters save the day**
Sisters Fatima Tawil and Rayanne Elhouli, who both work in administration at Al-Taqwa College in Truganina, were recently recognised with a ‘School First Aid Champion’ award from St John Ambulance Victoria. This award honours unsung heroes who have made a lasting impact on someone’s life by using their first aid knowledge, something achieved when the sisters helped a Grade 4 boy who experienced a seizure at school. The Epilepsy Foundation congratulates Mrs Tawil and Mrs Elhouli on being inaugural winners of this outstanding award. For more information read ‘Sisters save the day’.

**Stuff You Should Know**
If you love listening to podcasts we highly recommend checking out the series ‘Stuff You Should Know’, one of the most listened to ones in the world! The presenters, Chuck and Josh, released a podcast episode specifically about epilepsy – ‘How Epilepsy Works’ – covering everything from seizures through to breaking down myths and stigma. It’s a fascinating listen, but due to some of the content we do recommend parental guidance. Check out this episode!

**Home and Away introduces a character with epilepsy**
*Home and Away* writers are bringing epilepsy to the fore with one of the show’s most popular characters developing epilepsy as a result of a brain injury. Actress Olivia Deeble’s portrayal of epilepsy could do great things for reducing stigma. “I was really grateful when the producers said they were giving me this storyline,” reflected Olivia. “I then knuckled down and did a lot of research. I wanted to do it as well as I possibly could. I knew people who have epilepsy would be out there watching.” Click here to read more!

**Don’t Stop The Music**
The three-part ABC TV series *Don’t Stop The Music* was released during November’s AusMusic month. Filmed over nine months, the series follows primary school students at school and at home as they learn, practice, struggle and persevere with their instruments. The students perform for their peers and are treated to performances from visiting bands and choirs and hands-on workshops as a culture of music begins to develop in the school. A young student who lives with epilepsy was part of the series, and shows us all what a talented and creative singer and songwriter he is! Check out *Don’t Stop the Music*!

**A family fights epilepsy stereotypes**
Pam McGrath, mother to two daughters who live with epilepsy, wants to “raise awareness about epilepsy and smash the stereotypes that surround it”. Pam’s newspaper interview enabled her to address one seizure-related misconception, by reminding readers to never put something in the mouth of someone having a seizure. The Epilepsy Foundation applauds Pam’s commitment to openly discussing epilepsy and sharing correct safety information with the community. Click here to read more!
OTHER NEWS

MyEpilepsyTeam

Like many members of MyEpilepsyTeam the daily burden of epilepsy can feel unrelenting even when we’re surrounded by loving friends and family.

MyEpilepsyTeam is the social network for those diagnosed with epilepsy, or the parent or spouse of someone who is living with epilepsy. It’s the one place where the burden of epilepsy is let go.

MyEpilepsyTeam is a safe place completely dedicated to those diagnosed with epilepsy and their primary caregivers, and is not for researchers or health providers, and it is not a medical site. It’s available 24/7 to members who share similar experiences. But the conversation goes beyond medication. It extends to every daily ups and downs. The small wins, the hard days, the big achievements of daily life.

Click on the links below for some of what you can find in MyEpilepsyTeam:

Driving and Epilepsy

Relationships and Epilepsy

Working and Epilepsy

Meet others like you when you join MyEpilepsyTeam, a proud partner of the Epilepsy Foundation. It’s free and password protected. Also available on iTunes and GooglePlay.