

# Who are we?

Epilepsy New Zealand is a registered charity, providing free, confidential support for over 60 years.

We work to promote the welfare and interests of people living with epilepsy and to increase public awareness of epilepsy.

We work with:

- individuals
- family/whānau
- community groups
- pre-schools, schools and educators
- workplaces
- health agencies
- other professionals

*“Having an Epilepsy New Zealand support worker come to our home, educate on seizure management, recognition and ultimately support with getting back to normal life was great.”*

*Otago Client*

For more information or to ask about membership or donations

Call 0800 EPILEPSY

Email [info@epilepsy.org.nz](mailto:info@epilepsy.org.nz)

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

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EPILEPSY NEW ZEALAND®

*kia titiro ki te tangata - see the person*

## Information & Support Services

Call 0800 EPILEPSY  
(0800 37 45 37)



Understanding  
Makes a Difference

## What is epilepsy?

An estimated **48,000** New Zealanders have epilepsy.

Epilepsy is a tendency to have recurrent seizures.

Seizures are caused by uncontrolled electrical activity in the brain.

Seizure symptoms vary greatly.

They may involve:

- convulsions or jerking movements
- loss of consciousness
- confusion
- change or loss of awareness
- blank stares
- distorted sensations
- unusual behaviours

## How does it affect people?

Everyone with epilepsy experiences it in a different way.

Epilepsy can develop in people of any gender, ethnicity and age.

Although epilepsy is common it is often misunderstood.

Some people have just one type of seizure while others have several.

Approximately 70% of people with epilepsy control it well with medication.

An important step in managing epilepsy is gaining an understanding of the condition.

*“Our local educator has been essential in teaching our family what we need to know in order to manage our daughter’s epilepsy”*

*Manawatu Client*

## What do we do?

Our nationwide team of educators offers support and information on epilepsy.

Anyone can contact us directly. Our services include:

**To individuals and families**

- national helpline 0800 37 45 37
- appointments (face-to-face, phone or online)
- seizure management advice
- information on managing anti-seizure medication
- regional transport advice
- facilitation of support and connection
- advice and referrals for other services

**To organisations and communities**

- training for health professionals, schools, community workers and workplaces
- community awareness
- epilepsy seminars and talks