



We are excited to announce our new Epilepsy Queensland website is now live!

Epilepsy Queensland's mission is to optimise life for people living with epilepsy and bring epilepsy out of the shadows. Access to credible and up-to-date information online is vital. Our new website has a range of new and updated information to help you or your loved one to manage your epilepsy.

This includes tailored information for women, men, young people, students and seniors. We can also assist you along different stages of your epilepsy journey including a new diagnosis of epilepsy, people facing challenges in the workplace, pregnancy and fitness to drive.

With current restrictions related to COVID-19 we have a range of online training and support opportunities available.

Our website allows you to register for these securely online.

Our online store has also been updated and we have stock available if you missed out on epilepsy awareness items during Purple Month.

Access our new website at:
epilepsyqueensland.com.au

We would like to stay in touch.

If you don't already receive Flame, can you please contact the services team? We would like to know you are receiving our communications.

E services@epilepsyqueensland.com.au

Don't forget to like us on your preferred social media channels. We are active on Facebook, Instagram, Twitter and Linked In! This is the quickest way to get the most up to date information and news on epilepsy research, treatments, issues, training, local events and to connect with other members of our epilepsy community.

If you have feedback contact us on:

1300 852 853

or epilepsy@epilepsyqueensland.com.au.

WE LOOK FORWARD TO HEARING FROM YOU.

What's On . . .

Monthly In-House Workshops Via ZOOM

11 June | 16 July [9.30am to 12.00pm]

Social and support groups

EQ Website: <https://www.epilepsyqueensland.com.au/services/epilepsy-queensland-support/support-groups>

BRISBANE ADULT SUPPORT GROUP

Website: <https://www.epilepsyqueensland.com.au/event/brisbane-adult-support-group>

Facebook: *Epilepsy Adult Support Group Of South East Queensland, Australia*

REGIONAL ADULT SUPPORT GROUP

Website: <https://www.epilepsyqueensland.com.au/event/adult-social-group-regional-queensland>

Facebook: *regional - epilepsy meetup*

ADULT SOCIAL GROUP IPSWICH

Website: <https://www.epilepsyqueensland.com.au/event/adult-social-group-ipswich>

Contact the services team or check out the website for days and times.

In this issue

Page 2 • Covid-19 and Epilepsy

Page 3 • Support and Training

Page 4 • What's On

SUPPORTING OUR FAMILY AND FRIENDS WITH EPILEPSY

There are a variety of messages and health advice circulating on social media, and throughout our community at all times but especially now.

- Are we able to filter out the good from the bad advice?
- Are we able to ensure that we keep listening to the good advice and not switch off due to information overload?
- Are we able to continue to effectively listen to our friends and families concerns when we are trying to manage our own?

Yes, it is a challenging time however we at Epilepsy Queensland are continuing to support our friends, families and members with epilepsy.

We have been talking to some of you and we know some are more anxious and stressed than

usual. This is mirroring what's happening in the general community as people worry about the impact of the virus and new challenges. We worry about people with epilepsy and their families being impacted more than is necessary.

We are grateful that people who have received a recent diagnosis of epilepsy are contacting us by phone and email for information and support. We are encouraging clients to engage with us for counselling, training and other services via Zoom.

Some of you are having difficulty getting prescriptions filled for your epilepsy medications. There has been some delays but things are catching up. Epilepsy Queensland has been able to clarify supply issues with the pharmaceutical companies and assist people on a case by case basis. Please contact us if you are having issues.

It may be a scary time for some who can't attend their medical appointments, especially for parents of young children.

The social isolation is difficult for many clients, we believe social distancing requirements are making people feel more isolated and anxious. We've established some virtual support groups and other ways of connecting. *Continues.*



We are receiving calls from people who are understandably worried an epilepsy diagnosis may place them at higher risk of developing Covid-19. The available data suggests that just having epilepsy alone...

x—does not increase the risk of getting coronavirus

x -does not increase the severity of coronavirus

Some people with epilepsy regardless of seizure control have other health conditions that put them at higher risk of the flu, viruses and infections. Paying attention to our self-care is especially important at the moment.

Regardless of your situation, it is important for anyone with epilepsy to talk to your treating doctor about your individual risks and any specific medical precautions needed. Try to take precautions to avoid getting sick including good quality sleep, continuing medication and eating a balanced diet.



STATEWIDE SUPPORT

The following are some links and strategies that may help you and your families through the current climate. We are here to support you so please let us know how we can assist you.

If you would like to chat, you can call our Statewide Support Line
07 3435 5000
or **1300 852 853**.

■ **BEYOND BLUE:** 1800 512 348

The Beyond Blue website also has tips for self-care:

<https://www.beyondblue.org.au/get-support/national-help-lines-and-websites>

■ **CARE ARMY:** 1800 173 349

For assistance with groceries and medications or to have a chat

■ **CARERS AUSTRALIA:** 1800 242 636

■ **MENSLINE AUSTRALIA:** 1300 364 277

■ **KIDS HELPLINE:** 1800 55 1800

■ **LIFELINE:** 13 11 14

■ **HEAD TO HEALTH:** <https://headto-health.gov.au/fbclid=IwAR358BBqFDwDZ3JJiq0Qql8nGLXTH7hsEGJS44PVbeef6YujbsIRCooTarI>



Speak to us today about the convenient option of video conference 'Understanding Epilepsy & Administration of Midazolam' training, for family/carers, support workers & school/kindy/childcare staff.

We understand the need for specialist epilepsy training and support is still very important and our organisation is committed to working in innovative ways to continue to provide this service. During this current Covid-19 climate, our usual In-house 'Understanding Epilepsy and the Administration of Midazolam' workshops can now be delivered to you and your staff by video using Zoom software.

For dates and registration for these workshops email: services@epilepsyqueensland.com.au

or check out the website—<https://www.epilepsyqueensland.com.au/our-training>

We also offer refresher training sessions, now via Zoom software –



- Seizure recognition and first aid – **1.5 hours**
- Administration of midazolam – **1 hour**

We can now offer new Learning Modules for purchase via our website – *coming shortly*

- Understanding Epilepsy Part 1** - Seizure recognition & first aid
- Understanding Epilepsy Part 2** - Treatments, triggers & impacts
- Understanding Epilepsy Part 3** - Administration of Midazolam

Other online training packages can be sourced here: <https://www.epilepsyqueensland.com.au/education-training>



- ⇒ **[1.]** Epilepsy: An Introduction to Understanding and Managing Epilepsy
- ⇒ **[2.]** Understanding the Epilepsy Management Plan
- ⇒ **[3.]** Epilepsy Smart Schools
- ⇒ **[4.]** Administration of Emergency Medication
(Please contact Epilepsy Queensland for this session)