

COME TO OUR CAMP!



EPILEPSY ACTION
AUSTRALIA

Living with epilepsy?

You're invited to a family camp to have fun and meet other people who have had similar experiences.

Who can attend:

People with epilepsy and their families.

Where:

Goldfields Camp School, Kalgoorlie WA

When:

Start: 5.00pm Friday 28 October

Finish: 2.00pm Sunday 30 October 2011

Places are limited.
Register your interest by
30 August 2011
For further info call
Epilepsy Action Australia
on **1300 37 45 37**

On camp you will:

- Learn more about epilepsy
- Experience the support of others in an accepting and understanding environment
- Participate in fun activities such as high ropes, archery, flying fox, abseiling, rock climbing etc

Cost:

\$50 per person includes accommodation and meals.



An activities based program providing therapeutic challenges to people with epilepsy and their families. Hosted by Epilepsy Action Australia and facilitated by Adventure Therapy Specialists Purple Soup.

www.epilepsy.org.au | 1300 37 45 37 | epilepsy@epilepsy.org.au

Program Outline

MORNING PLENARY

- 9:30am** **Opening remarks** (Carol Ireland, Epilepsy Action Australia)
- 9:40am** **Overview of Epilepsy** (Louise Clarke, RN Team Leader Community Services)
How common is epilepsy, who is most likely to develop it at what age and why.
- 10:00am** **Is it Really Epilepsy?** (Tina Furse, Epilepsy Educator - Paediatric RN)
Recognising seizures and diagnosing epilepsy
- 10:40am** **Medication, Surgery and Ketogenic Diet** (Lisa Todd, Clinical Nurse Consultant - Epilepsy)
Treatment options for epilepsy
- 11:15am** **Morning tea**

Concurrent information streams from 11:45 - 1:15pm

Parenting Kids with Epilepsy

- 11:45am** **Epilepsies of childhood**
(Tina Furse, Epilepsy Educator - Paediatric RN)
Different
- 12:15pm** **Practical Tips for Parents**
(Tina Furse, Epilepsy Educator - Paediatric RN)
Tips on giving medication, kid's sports, babysitters and telling others
- 12:45pm** **Education & Learning with Epilepsy**
(Lisa Todd, Clinical Nurse Consultant - Epilepsy)
How seizures and epilepsy can affect education & learning plus strategies for parents and teachers.

Confident Living Despite Seizures

- 11:45am** **Key to Self Management**
(Louise Clarke, RN Team Leader Community Services)
Living an everyday life with epilepsy
- 12:15pm** **Driving with Epilepsy**
(Lisa Todd, Clinical Nurse Consultant - Epilepsy)
What it means to you and your community
- 12:45pm** **Epilepsy and Employment**
(Louise Clarke, RN Team Leader Community Services)
Which jobs, disclosure & discrimination.

1:15pm - 2:00pm Lunch

AFTERNOON PLENARY

- 2:00pm** **Minimizing the Risk** (Louise Clarke, RN Team Leader Community Services)
Gaining a perspective on risks and strategies to minimise
- 2:40pm** **Impact of Epilepsy on Sleep** (Lisa Todd, Clinical Nurse Consultant - Epilepsy)
Overview of sleep and the impact of seizures and medication on sleep patterns
- 3:30pm** **Close**