

BRAINWAVE, THE IRISH EPILEPSY ASSOCIATION
Membership Fee costs only €12.70 per year OR 2 Year
Membership fee of €20*

MEMBERSHIP ENTITLEMENTS

As you may know, Brainwave - The Irish Epilepsy Association is Ireland's main source of information about epilepsy. It provides an excellent, well supported education, training and information service
Just some of the benefits membership of Brainwave offers you:

- free quarterly magazine
- members only section of our website
- access to Brainwave's specialist staff
- access to Brainwave's information network and support Groups
- educational literature and advice
- opportunities to avail of pre-employment training courses(Sligo)
- *free epi alert identity bracelet or anti smother pillow when you obtain the 2 year Membership
- epilepsy specialist nurse helpline 01-4554133
(Mon & Wed 9.30-1.00)
- regional offices in Cork, Donegal, Dundalk, Galway, Kerry
Kilkenny, Limerick, Sligo, Tullamore
- social welfare entitlements information

Join or renew your membership today- and help build a better future for people with epilepsy

Company Limited by Guarantee, registered in Dublin 77588
Registered Charity No: 6170



BRAINWAVE
THE IRISH EPILEPSY ASSOCIATION
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TEL: 01-4557500, FAX:01-4557013
www.epilepsy.ie , email info@epilepsy.ie

SAFETY PILLOW APPLICATION FORM

REGIONAL OFFICES

CORK- TEL: 021-4274774
DUNDALK-TEL: 042-9337585
DONEGAL-TEL:074-9168725
SLIGO -TEL:071-9154625
KERRY-TEL: 066-7119507
KILKENNY-TEL: 056-7784496
GALWAY-TEL: 091-565180
LIMERICK-TEL: 061-313773
TULLAMORE-TEL: 057-9346790

1 Safety pillow or(identity bracelet) is free to new Brainwave members who avail of a 2 Year Membership offer @ €20, Any extra pillows or identity bracelets will cost €26 for each extra one. Or if you are a non member or join for 1 year it will cost €26 for each pillow and/ or bracelet required (See separate form for identity bracelet)

Membership €12.70 yearly + pillow @ €26 □

2yr Membership €20 + 1 free pillow □

Name of person with epilepsy:

Address: _____

Tel: _____

Date of Birth: _____

Email: _____

Membership no if applicable: _____

A NOTE ON SLEEP SEIZURES

Seizures occurring during sleep are not qualitatively different from which may happen when one is awake. However, due to the context in which they may occur, consideration should be given to the following factors

- Use low good sized beds with padded headboards
- Avoid soft pillows which can cause breathing to be obstructed if the person has a seizure and turns their face into the pillow
- Keep heavy furniture, lockers away from bedside to prevent injury during a fall
- Avoid coarse carpets which can lead to friction burns, for those who may fall out of bed, a protective mat will suffice
- Sleep seizures don't only occur during the night, although this is the more likely time for them to happen, such seizures may occur during daytime naps too