



***Living Well With Epilepsy***  
***Toolkit***

**FREE Toolkit and Support Session  
for people with epilepsy and  
parents of children with epilepsy**

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# Toolkit contains:

- Seizure Management Charts
- Medication Management Section
- First Aid for Seizures
- Medical Team Section
- Seizure Diary
- Safety Action Planning
- Epilepsy Information Checklist
- Resources Section
- Appointments Planner
- Wallet ID for people with Epilepsy
- Epilepsy Ireland Services



**PLUS: Living Well With Epilepsy  
40 page booklet**

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We are offering you a FREE Toolkit and Support Session which will provide you with all the information, training and support you need when you or your child has been recently diagnosed with epilepsy. Contact your Local Community Resource Officer to book your Toolkit Support Session.



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