

# Living Well With Epilepsy



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

## 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

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.

**Funded by Dept. of Health**



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

