

Seizure First Aid

- ◆ Keep calm.
- ◆ Clear the area around the person of anything hard or sharp.
- ◆ Loosen ties or anything around the person's neck.
- ◆ Put something flat and soft under the person's head.
- ◆ Turn the person gently on the side.
- ◆ Do not hold the person down or try to stop their movements.
- ◆ Do not put anything in the person's mouth.
- ◆ Stay with the person until the seizure ends. After it is over, be friendly and reassuring.
- ◆ If there is confusion after the episode, stay near the person, but do not do anything forcefully.

About Seizures

There are two types of seizures: generalized and non-generalized. Generalized seizures affect the entire brain. They include tonic-clonic (also called grand mal or convulsions) and absence (petit mal). Non-generalized or focal seizures, only affect part of the brain. There are two types: simple and complex. Simple partial seizures produce changes in sensation, movement or feeling without loss of consciousness. During complex partial seizures, the person may stare, fail to respond, move about aimlessly or show other purposeless behavior.

About the Epilepsy Foundation

The Epilepsy Foundation of Long Island was founded in 1953 by a group of parents who were determined to see their children lead productive, satisfying lives.

Today, the Foundation provides education, counseling and residential care to Long Island residents with epilepsy and related conditions.

Each year more than 1,200 Long Islanders will be diagnosed with epilepsy. The disorder affects all aspects of a person's life. Learning to cope with and manage epilepsy takes a coordinated effort by family, friends, teachers, and managers in the workplace. All the Foundation's programs are designed to help people reach their full potential and enhance their sense of self-esteem.



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Portraits of Epilepsy

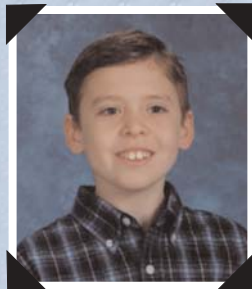


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Portraits of Epilepsy

These are the faces of people who live with epilepsy every day. They are your neighbors, family members, colleagues and friends. Epilepsy does not discriminate. The disorder affects people of all sexes, races and nationalities. It can develop at any time in life, which means that it affects children indiscriminately. About one percent of our population, more than 30,000 Long Islanders, has this disorder.



The Epilepsy Foundation of Long Island is committed to providing education, counseling and residential care to Long Island residents with epilepsy and related conditions. The Epilepsy Foundation's services include Support & Counseling, Community Education, Outreach & Advocacy, Day Programs and Residential Programs. The portraits in this publication depict a few of the people that receive these indispensable services.

Support & Counseling

The Epilepsy Foundation of Long Island's multidisciplinary team provides a complete program geared toward individuals living with epilepsy and their families. We offer a wide range of support and counseling services, including:

- ◆ Individual, family and group counseling
- ◆ Neurological assessment and diagnostic center
- ◆ Psychiatric consultations and evaluations
- ◆ Relationship counseling
- ◆ Family, children, teen, adult and professional groups
- ◆ Liaison and referral assistance to community agencies and local hospitals
- ◆ Stress reduction techniques
- ◆ Vocational counseling



Community Education, Outreach & Advocacy

We believe that education leads to understanding and acceptance. The Foundation seeks to communicate with all people who have seizure disorders. We also work to educate teachers, health care professionals, corporations, and the general public about treatment and consequences of epilepsy. Some of the programs we offer include:

The Seizure Smart Program - reaches out to students and teachers in an effort to combat the stigma and misinformation surrounding epilepsy.



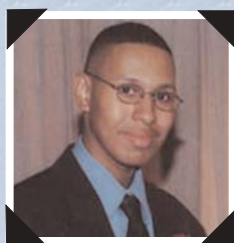
Kids On The Block - a puppet show about epilepsy is performed in elementary schools throughout Nassau and Suffolk Counties.

Advocacy - the Foundation promotes inclusion and assists in the mission to eliminate stigma in the workplace, schools and the community at large.

Day Programs

Our Day Programs help people with epilepsy and related conditions develop independent living skills and social behavior. We focus on three areas, including:

Day Treatment - a comprehensive, medically supervised program for individuals over 21 years of age with special needs.



Day Habilitation - a person centered service with focus on community integration, volunteer experiences, recreation and personal growth.

The Saturday Respite Program - a recreational service for individuals 18 years and older residing at home or in family care, allowing care providers six hours of rest and respite.

Medicaid funding is available for those who qualify.

Residence Programs

The Residence Program provides supervised group living for adults with developmental disabilities. Residence programs are developed according to the capabilities and needs of the people served. The Foundation operates 12 residences in Nassau and Suffolk counties, which accommodate 112 individuals.



Facts About Epilepsy

- ◆ Epilepsy is caused by sudden, brief changes in the electrical activity of the brain that temporarily alter a person's consciousness, movements or actions. These physical changes are called seizures.
- ◆ In more than 70 percent of all cases, no cause can be found. Among the rest, epilepsy may be caused by head injuries, strokes, brain tumors, genetic conditions, lead poisoning, problems in brain development before birth, illnesses such as meningitis or encephalitis, or even severe cases of measles.
- ◆ Epilepsy is not contagious.

