

## Talking About Your Epilepsy

When you tell someone how epilepsy has touched your life, you have the opportunity to challenge any misconceptions they may have about people living with seizure disorders, teach them proper seizure first aid techniques and inform them that epilepsy is a common diagnosis affecting 1 in 100 Canadians. In other words, you are starting a conversation that can change the way they think about seizure disorders. These are just a handful of the many ways telling people that you live with epilepsy can benefit you and those around you.

### TOP REASONS TO TELL OTHERS ABOUT YOUR EPILEPSY

- Reduce stress. You won't waste energy on protecting your secret.
- Feel more comfortable with friends, colleagues, and acquaintances by building open and honest relationships.
- You may find out that other people you know also live with epilepsy.
- Educate others and bust myths.
- Help others realize that people with epilepsy are just like everyone else.

### What to do if you think you are facing discrimination based on your epilepsy

- If you are concerned about your child's school, read the Student Support Services strategy sheet.
- If you are concerned about losing your job, read the Employment and Epilepsy strategy sheet.

Contact your Clinic to Community Educator for additional resources and a list of volunteer opportunities.

