Epilepsy and seizures impact many areas of life — education, employment, financial health, and more.

The Epilepsy Foundation of Minnesota offers customized epilepsy expertise and confidential one-on-one support.

Our resources and extensive network of partners across Minnesota are ready to help meet your family's needs, so together you can manage epilepsy well.

Areas of support include:

- Navigating a new diagnosis of epilepsy and seizures
- Medication and treatment options
- Financial assistance
- Daily living and basic needs resources
- Transportation information and resources
- Mental health support and referrals
- Social support and opportunities to connect with others impacted by epilepsy

651-287-2308

efmn.org

651-287-2308

EPILEPSY FOUNDATION MINNESOTA

No one faces epilepsy alone.

FOLLOW US
Follow us at @epilepsyfdnmn
to stay up to date.

EPILEPSY FOUNDATION MINNESOTA

Adults

Epilepsy Personalized Support

Whether newly diagnosed or long experienced managing seizures, the Epilepsy Foundation of Minnesota is here to support those living with epilepsy.

www.efmn.org

Living with epilepsy has its challenges — *but you aren't alone.*

The Epilepsy Foundation of Minnesota's free **Personalized Support program** exists to help those living with epilepsy reach the highest level of physical, social and mental well-being.

Ways the Personalized Support program can help you:

- Understand your diagnosis and treatment options, know what to ask your doctor, and feel comfortable advocating for your needs.
- Learn more about Seizure Action Plans, epilepsy medications, SSDI resources, and other epilepsy-related topics.
- Learn self-management tools to increase your independence.
- Identify and request any accommodations needed at work to help ensure you are in a safe and supportive environment.
- Navigate state and county benefits.
- Connect with other adults with epilepsy and learn about new resources.
- Build a knowledgeable support system by providing free seizure first aid training to your employer, school, family, or others.

"Thank you for your time and patience. The support tools for taking my medication on time and making sure I do all I can to help with my seizures has been so helpful.

- Newly diagnosed aging adult

We believe it's important for adults with epilepsy to have the most up to-date information regarding their epilepsy and treatment options, as well as opportunities to connect with others on their epilepsy journey.

To schedule your appointment, visit **efmn.org/get-support** or scan the QR code.

Questions? Contact Client Support at 651.287.2308 or clientsupport@efmn.org

Connection Opportunities

For Adults

Consultation or Ongoing Personalized Support

Free, one-to-one, confidential and customized support to assess your unique circumstance and needs.

Adult Connect & Peer Led Connect Groups

A virtual space to meet other adults with epilepsy, share experiences, and learn about new resources in a safe and supportive environment.

Social Events

Statewide events throughout the year to connect and empower local individuals and families impacted by epilepsy and seizures.