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

The Epilepsy Foundation of Minnesota offers personalized expertise and confidential one-on-one support

.

With resources and a statewide network of partners, we're here to help you and your family manage your journey with epilepsy.

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

Youth & families

Epilepsy Personalized Support

From diagnosis through every stage of life, the Epilepsy Foundation of Minnesota is here to support you.

www.efmn.org

Caring for a child 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 child's diagnosis.
- Anticipate changes in the transition to adulthood.
- Communicate with your doctors and gain confidence advocating for your child's needs.
- Navigate state and county benefits.
- Be proactive securing educational access for your child to meet their needs through interventions and/or accommodations with an Individual Education Plan (IEP) or Section 504.
- Learn more about developing a Seizure Action Plan to share with those who oversee or care for your child (schools, daycares, friends, local hospitals, etc).
- Build a network of support in your community, including helping your school and family receive free seizure first aid training.
- Connect with other parents and caregivers to learn from one another and gain support.
- Support yourself as a caregiver to a child with epilepsy.

"It's been so overwhelming trying to learn all I can about epilepsy and how to best support my daughter so getting all this information is incredibly helpful."

- Parent of newly diagnosed 2-year-old

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 youth & teens!

Shining Stars
Youth and families connect and gain resources on living with epilepsy

Camp Programs
Safe, supportive and fun camp experiences for youth with epilepsy.

Seizure Smart Schools
Useful materials and tools to ensure your childs' safety.

Parent/Caregiver Connect
Parents/caregivers offer peer-to-peer support, share, and learn.

Social Events
Year-round events connect families impacted by epilepsy.