

Report from Work Shop A

Five main points were identified which people with epilepsy (PWE) have to face, namely: anxiety, isolation, need for friendship, over protection and empowerment.

It was stated that the stigma surrounding epilepsy increased the level of anxiety. PWE need to have ways and means to fight this anxiety. It was important to identify what is actually causing the anxiety because it is not always due to having this condition. Research on the net can help a lot but identifying a professional person who is able to listen to you will help a lot. This could go a long way in handling anxieties.

Isolation was also mentioned as one of the factors which effects PWE. They are often times more comfortable by themselves as they feel that people do not really understand them. For this reason support should be forthcoming from family, friends, workmates, school personnel and health care professionals. For this reason friendship should be encouraged as much as possible.

Family members and siblings also need help and coached into being a better support for PWE.

Ultimately it was stated that these people should be empowered to carry on with their lives. Using sports role models with epilepsy boosts their moral also. It is important that they learn how to fight barriers which in turn makes them stronger.

Finally, education at all levels was seen as being the ultimate solution and would pave the way to a better quality of life and better prospects.