

# H.O.P.E. Mentoring Program



*Epilepsy affects over 3 million Americans.*

## What is epilepsy??

Epilepsy is a neurological condition. A seizure is a symptom of epilepsy. A diagnosis of epilepsy is generally given after a person experiences two or more unprovoked seizures.

Known causes of epilepsy include head injuries, stroke, brain tumors, poisoning, problems in brain development before birth, and serious infections such as encephalitis or meningitis. However, more than half the time, the cause of epilepsy is unknown.

*The Epilepsy Foundation has a network of affiliates nationwide that provide services in their local communities. To locate an affiliate in your area, call us toll-free or visit our website's home page and type in your zip code under 'community connections.'*

**For more info contact:**

## Helping Other People with Epilepsy Mentoring Program Objectives

Epilepsy offers many challenges for the more than 3 million Americans who live with the disorder. But now, a mentoring program is tapping a rich source of hope for managing seizure disorders – people affected by epilepsy themselves. The \*H.O.P.E. (Helping Other People with Epilepsy) Mentoring Program provides trained speakers, who are directly or indirectly affected by epilepsy, for community presentations about this complex and diverse medical condition.

H.O.P.E. mentors present facts about epilepsy to the community and to other people with epilepsy who search for a better understanding of the condition. They offer shared personal experience and are a valuable resource for the epilepsy patient, family and healthcare professional.

Mentors work with their local affiliate to complete an Epilepsy Foundation certified training program developed by leaders in the field before becoming mentors. Once certified, they deliver presentations that teach:

- How to define the disorder and discuss the causes, diagnosis, and treatment of epilepsy as well as learn proper seizure first aid.
- The issues surrounding epilepsy, such as education, employment, safety and coping with emotions.
- How to find community resources, become your own advocate, and learn good self-management habits.
- The issues and concerns of individuals with epilepsy from childhood to senior citizens.

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## Available Resources

- Learn more: <http://www.epilepsyfoundation.org/programs/hope.cfm>
- Schedule a H.O.P.E. presentation: 1-877-HOPE 4 YOU (877-467-3496)

A H.O.P.E. program representative will help you arrange for a mentor through your local Epilepsy Foundation affiliate office.

- Volunteer to become a trained H.O.P.E. mentor in your community by calling: 1-877-HOPE 4 YOU (877-467-3496)

A H.O.P.E. program representative from your local Epilepsy Foundation affiliate office will talk with you about opportunities in your community.