

Services Provided

✓ Individual and whānau support

We provide personalised support for people living with epilepsy and their whānau. Anyone can contact us directly-no referral is required.

Support may include:

- Home visits and face-to-face appointments
- Support to attend appointments
- Advice, information and referrals
- Guidance about managing anti-seizure medication
- Total Mobility assessments

✓ Education & Training

We provide epilepsy education, training, seminars and community awareness talks throughout Northland.

We work with:

- Individuals and whānau
- Community groups
- Preschools, schools and educators
- Workplaces
- Health agencies
- Community workers and other professionals

Our education helps people understand epilepsy, respond confidently to seizures and create safer, more inclusive environments.

✓ Seizure Management & Safety

We help individuals, whānau, schools, workplaces and other organisations develop practical plans for managing epilepsy safely. This may include:

- Seizure Management Plans
- Understanding seizure triggers
- Identifying and reducing risks
- Responding safely to a seizure
- Medication-management information
- Planning for emergencies

✓ Online Support Group

On the first Monday of every month, we host an online epilepsy support group through Microsoft Teams.

The group provides a welcoming space to connect with others, share experiences, ask questions and learn more about living with epilepsy.

You are welcome to attend regularly or simply join a session to see whether the group is right for you. Contact Northland Educator Reokore Johnson by email to receive the meeting link.

About Epilepsy NZ

Epilepsy New Zealand is a registered charity that promotes the wellbeing and interests of people living with epilepsy.

Around 50,000 New Zealanders live with epilepsy. We work to increase public understanding, reduce stigma and ensure people with epilepsy and their whānau can access reliable information and confidential support.

Northland Educator: Reokore Johnson



Email Address

northland@epilepsy.org.nz



Contact Number

027 291 6869
0800 37 45 37



Website

www.epilepsy.org.nz