Get your business /employer involved

Your employer or your business can help fundraise, volunteer, provide pro-bono support or gifts in kind for Purple Day. This play's an important role in Purple Day helping us to fundraise and run an Epilepsy Awareness campaign while keeping costs low. Fundraising or Volunteering can be brilliant team building activity and also lets Australia and the world know that your company is making a real difference to the community.

- Sponsorship
- Matched giving
- Epilepsy Foundation selected as a chosen charity
- Workplace giving (Payroll giving)

To find out how you can get your business involved please contact us purple@epilepsyfoundation.org.au or (03) 8809 0600.

Visit our Op Shop's

- Shop and find that special something Purple
- Donate goods or furniture
- Volunteer

We have shops in Bentleigh, Blackburn, Parkdale and Cranbourne – pop in and say hi!

The Purple Day team

Epilepsy Foundation
587 Canterbury Road, Surrey Hills 3127

Tel: (03) 8809 0600
Email: purple@epilepsyfoundation.org.au
www.purpleday.com.au
Epilepsy Helpline 1300 852 853

Seizure First Aid

Giving help to a person who is having a Seizure

Tonic-clonic seizures
A convulsive or tonic-clonic seizure starts when someone loses consciousness, stiffens unexpectedly, falls to the ground and starts jerking.

- Time the seizure.
- Protect from injury – remove any hard objects from the area.
- Protect the head – place something soft under their head and loosen any tight clothing.
- Gently roll the person on their side as soon as possible and lift their chin upwards to maintain an open airway to assist with breathing. A person cannot 'swallow their tongue' but the tongue can move back blocking the airway.
- Stay with the person until the seizure ends and calmly talk to the person until they regain consciousness, usually within a few minutes.
- Reassure the person that they are safe and that you will stay with them while they recover.

Do not restrain the person's movements.
Do not force anything in to the mouth.
Do not give the person water, pills or food until they are fully alert.

Focal seizures with altered awareness
With this type of seizure the person may appear unresponsive and confused. Automatic movements such lip smacking, wandering, or fumbling hand movements may be present. A focal discognitive seizure can be mistaken for drug/alcohol-affected behaviour or mental health disturbance.

- During a focal dyscognitive seizure you may need to gently guide the person past obstacles and away from dangerous places.
- As the seizure finishes, establish supportive communication.
- Call an ambulance if the person doesn't start to recover after 5 minutes.

Absence seizures
An absence seizure causes loss of awareness and responsiveness for a brief period. The person stares vacantly, the eyes may drift upwards and flicker. It may be mistaken for daydreaming. Recognise that a seizure has occurred, reassure the person and repeat any information that may have been missed.

Call an ambulance – 000 – if:
- the seizure activity lasts 5 or more minutes or a second seizure quickly follows.
- the person remains non-responsive for more than 5 minutes after the seizure stops.
- the person is having a greater number of seizures than is usual for them or believe it to be, the person's first seizure
- the person is injured, pregnant or has swallowed water.

PURPLE DAY FOR EPILEPSY

March 26

www.purpleday.com.au

epilepsy foundation

What is Purple Day?

Purple Day is a grassroots effort dedicated to increasing awareness about epilepsy worldwide. On March 26 people from around the globe are asked to spread the word about epilepsy by wearing purple, hosting events in support of epilepsy awareness. Epilepsy is the most common brain disorder in Australia. Approximately 250,000 people live with epilepsy and one in 25 people will have epilepsy at some point in their life. With epilepsy impacting the lives of so many, it's important that as a community, we understand and know how to help. March is epilepsy awareness month ... end the stigma and discrimination of epilepsy on **March 26 – Purple Day**!
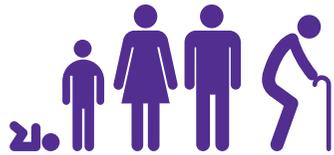
Epilepsy has no age, racial, social class, national nor geographical boundaries.

Epilepsy stories

Shirley suffered from epilepsy for 54 years. Following successful brian surgery in April 2012, Shirley is now epilepsy free. Her quest is to raise money for those suffering epilepsy and bring awareness to this condition.

My daughter, Abbie experienced her first seizure in September 2014 at age two. It's still the scariest day of my life! I can now talk about it without becoming emotional but will never forget the image. What scares me still is the lack of knowledge people have about epilepsy, especially parents. Please help us raise awareness and funds for the Epilepsy Foundation and wear purple on **March 26**!

Getting involved

- Purchase purple day merchandise
- Sell Purple Day merchandise
- Go purple on Purple Day
- Donation to the Epilepsy Foundation
- Spread the word, promote Purple Day in your area. What is the reason you're supporting Purple Day? If you are comfortable talking about it, let people know by using all of your communication channels, talking to friends, neighbours, and jumping on social media!

Host a purple day event

- Morning/afternoon tea
- Purple clothes day— donation to participate
- Raffle
- Trivia/Bingo night
- Go without for a week – get sponsors for giving something up
- Sausage Sizzle in your area
- Wine and cheese night
- Sponsored walk/run/ride

Offer of services for a donation (carwash, cleaning, babysitting).

If you would like to host an event for Purple Day register your event on www.purpleday.com.au that way we can support you will all the right tools to get you started! Contact events@epilepsyfoundation.org.au or call (03) 8809 0600.

Host your own fundraising page

It has never been easier to raise money for Epilepsy Foundation with an online fundraising page check out www.purpleday.com.au. By creating a personalised online fundraising page with your own photo or video and tell your story about how and why you are trying to raise money. The more you direct people to your personalised page the more money you raise!

Get your school involved

Purple Day is a great way to get your school or early learning centre involved in raising awareness of epilepsy. Educational settings are fantastic environments to begin developing understanding and positive attitudes towards epilepsy in the community. We have developed a curriculum resource pack aligned with AusVELS to help promote an understanding of epilepsy. These resources are available free on our website www.purpleday.com.au.

A few great ways to incorporate Purple Day into your school or early learning centre are:

- Market stalls, purple face painting, sausage sizzles at lunchtime, raffles
- Go purple – dress up, theme class party – coin donation
- Purple bake sale
- Quiz/trivia competition (Take the epilepsy smart quiz and download your certificate www.epilepsysmartschools.org.au)
- Purple worksheet activities
- Sell/purchase purpleday merchandise
- Colouring in completion www.purpleday.com.au/schools

For further information or assistance on getting your school involved please call (03) 8809 0600 or email purple@epilepsyfoundation.org.au