



**Become a Purple Day Hero on March 26th
and help spread the word about Epilepsy.**

Today 220,000 Victorians are living with epilepsy

But the number affected is much higher – in fact close to 900,000 Victorians are affected by epilepsy when you include loved ones, friends and colleagues.

Epilepsy is a disorder of brain function that takes the form of recurring convulsive or non-convulsive seizures. Epilepsy is not just one condition but a diverse family of disorders comprising many seizure types.

Epilepsy can impact on every aspect of people's lives and the lives of their families and carers. Often, people find themselves unable to obtain an education, unable to be employed or face limited employment prospects, experience social isolation, loss of enjoyment or participation in everyday life, deal with relationship problems and, potentially, chronic depression.

Epilepsy is a silent problem – the social stigma, coupled with the emotional and physical trauma, means that many people living with epilepsy suffer in silence, often for years. Many avoid revealing they have epilepsy to their employer, their friends, even their loved ones, for fear of rejection, loss of acceptance or opportunity, or of being shunned.

These are very real fears, as stigma and ignorance still exist today.

There is a way you can show your support for people living with epilepsy

And that is by becoming a Purple Day Hero. When you 'Go Purple' you help to not only spread awareness but to also reduce the stigma still associated with this disorder. You also help us to raise additional funds so that we can continue to provide much-needed services.

Purple Day is a grassroots effort dedicated to increasing awareness about epilepsy worldwide. On 26 March people from around Australia and the world are asked to go purple and spread the word about epilepsy.

Epilepsy Australia, the national coalition of state based epilepsy organisations, is the official Australian partner of Purple Day. It is committed to making Purple Day even bigger.

The Epilepsy Foundation is proud to promote Purple Day in the lead up and on 26 March here in Victoria.

As a **Purple Day Hero** you make a stand for people living with epilepsy. You help spread the word that epilepsy is not a stigma but a health problem, and that people living with epilepsy deserve to be treated with respect and empathy.

Purple Day for Epilepsy 26 March – a grassroots effort dedicated to increasing awareness of epilepsy around the world.

BECOME A PURPLE DAY HERO THREE LEVEL GUIDE

Read the text and then look at the following statements.

Tick the box if you agree with the statement, cross if you disagree.

Level 1 Literal Statements (The author said it)

Does the text say this? What words support your answer? Highlight these words in the article. Choose one colour to highlight your text.

1. Epilepsy is a disorder that occurs in the brain.
2. People with Epilepsy have no problem finding employment.
3. Purple Day has been held in Victoria for the past several years.
4. Australia is the only country supporting Purple Day.

Level 2 Inferential Statements (The author meant it)

Does the text give you this idea? What words or phrases support your answer? Remember to use a different colour to highlight text for these questions.

5. Epilepsy can be a complicated medical condition.
6. There is a lot of misinformation about Epilepsy in society.
7. Epilepsy Australia is the only organisation involved with Purple Day.
8. Purple Day is all about raising money to help people with Epilepsy.

Level 3 Reflective Statements (What do you think?)

Do you agree with this? Why / Why not? Be prepared to share your reasons

9. Students with Epilepsy would feel anxious going on a camp.
10. Only students who have Epilepsy need to learn about it.