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**From:** Epilepsy South Africa [mailto:info@epilepsy.org.za]  
**Sent:** 19 June 2009 15:26  
**To:** funddev.no@epilepsy.org.za  
**Subject:** South Africa National Epilepsy Week, Day 5 - Preview



*June 2009*

### **Dear Advocate for Epilepsy**

Today is the fourth day of South Africa National Epilepsy Week. We will be celebrating this time by sharing information on the different aspects of the lives of people with epilepsy. Each day will be accompanied by a short video to be viewed on you tube. Something that can easily be sent to friends and colleagues. Here is the link to today's video

<http://www.youtube.com/watch?v=2gzXIM1W6r4>

Let's talk Epilepsy!

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### **June E-news Contents:**

- [\*\*June 19, South Africa National Epilepsy Week Day #5:Adults with epilepsy have the right to employment!\*\*](#)

### **June 19, South Africa National Epilepsy Week Day #5:Adults with epilepsy have the right to employment!**

The South African constitution guarantees people with epilepsy the right to work and to choose their profession. In addition, the Employment Equity Act (No 55 of 1998) offers protection to people with epilepsy in terms of employment as epilepsy meets the requirements of the term "disability" in terms of this Act. As such, people with disabilities

(including epilepsy) are included in affirmative action legislation.

Employment options for people with epilepsy include open labour market employment, supported employment, protective employment and self-employment (either individually or in group-owned ventures).

People with epilepsy have the same range of abilities and intelligence as the rest of the population. While no job categories are closed to people with epilepsy in South Africa, a thorough assessment will ensure safety and a successful placement in a particular job.

The decision to disclose a diagnosis of epilepsy is influenced by the types of seizures experienced, the nature of the job, the working environment, knowledge and acceptance levels within the working environment and the confidence of the person with epilepsy.

Each person must be assessed individually to determine potential risks in employment. However, a risk assessment should not form the basis for deciding whether to employ a person with epilepsy.

#### Tips for finding employment

The level of seizure control is critical to the successful employment of a person with epilepsy.♣

To be successful in finding employment, people with epilepsy must ensure that they possess skills sought after in the labour market and identify an appropriate career path.♣

A well-prepared and updated curriculum vitae (CV) will assist job-seekers with epilepsy to match their own knowledge, skills and abilities to vacancies.♣

Good interviewing skills are key in finding appropriate employment.♣

People with epilepsy must know their rights and responsibilities as a job-seeker and employee.♣

The nearest Branch of Epilepsy South Africa will be able to provide information and advice in terms of employment (including counselling, job seeking, job-readiness, placement and follow-up).♣

#### Steps in finding employment

Ensure that your seizures are optimally controlled.♣

Identify a potential career path through an individual assessment.♣

Draw up a curriculum vitae (CV).♣

Ensure that you are ready to take on the responsibility of a job and career. If necessary, seek counselling advice.♣

Upgrade your interviewing skills.♣

Identify and review available vacancies and match your knowledge, skills and abilities to these vacancies.♣

Contact Epilepsy South Africa by dialling 0860 EPILEPSY (0860 374 537 to automatically connect to your nearest Branch or contact the National Office telephonically on (021) 447-3014 or via e-mail on [economicdev.no@epilepsy.org.za](mailto:economicdev.no@epilepsy.org.za).

Epilepsy South Africa also offers information on the website ([www.epilepsy.org.za](http://www.epilepsy.org.za)).

What to do during a seizure

DO...

- Remain calm and note the time
- Clear a space around the person, prevent others from crowding around
- Loosen tight clothing / neckwear. Remove spectacles.
- Cushion the head to prevent injury
- Put person into shock recovery position (i.e. roll person into his / her side, top leg bent, bottom arm slightly extended)
- Wipe away excess saliva to facilitate breathing
- Reassure and assist until person has recovered or become re-orientated
- Allow the person to rest / sleep is necessary – cover with a blanket.
- Note the duration of the seizure and the time it took place. Provide this information to the person who had the seizure after the person has recovered fully, in order for him / her to record the information in his / her seizure diary.

DO NOT...

- Restrict or restrain the person's movements.
- Move the person unless the person might hurt him / herself or is in immediate danger (i.e. in a busy road)
- Put anything between the person's teeth or in the person's mouth
- Give anything to eat or drink during the seizure
- Give extra anti-convulsants, unless stipulated to do so by the neurologists
- Call a doctor or an ambulance unless the person has injured him / herself badly or the seizure lasts longer than 6 minutes, or the person has repeated seizures without recovering!

OUR NATIONAL CONTACT NUMBER 0860374537

Please see the article on day one for:

- The right to correct information

Please see the article on day two for:

- Children with epilepsy have the right to quality education

Please see the article on day three for:

- The right to quality medical treatment

Please see the article on day four for:

- The right not to be stigmatized

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Visit our website or to contact any of our Branches or National Office.  
Website: [www.epilepsy.org.za](http://www.epilepsy.org.za)

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PLEASE CONTACT 0860 EPILEPSY (0860 374537)  
TO GET IN CONTACT WITH YOUR CLOSEST BRANCH OF EPILEPSY SOUTH AFRICA

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