**WELCOME TO THE EPILEPSY FOUNDATION OF COLOMBIA**

The Epilepsy Foundation of Colombia (PACO) is a public charity that serves individuals and families living with epilepsy in Colombia.

**WHAT IS EPILEPSY?**
Epilepsy is a medical condition that affects more than 150,000 individuals in the United States and is the most common neurological disorder.

**WHAT IS SEIZURE MANAGEMENT?**
Seizure management involves identifying and controlling factors that trigger seizures, such as sleep deprivation, stress, or specific activities.

**WHAT IS SELF CARE?**
Self-care management involves taking control of your condition, managing your seizures, and understanding your rights.

**WHAT IS CARE MANAGEMENT?**
Care management involves helping you and your family members, your co-worker or friend, epilepsy and seizures can develop in anyone at any age.

**WHY JOIN US?**
Join us for our community to help you navigate your journey with epilepsy. Our community fosters individual empowerment, working together to help people with epilepsy live full and productive lives. Join us – we are stronger together!

**WHO WE ARE**
Our goal is simple: to be an ally in your journey, with epilepsy.

**WHO WE ARE**
We are here to help your family members, a neighbor, your co-worker or friend. Epilepsy and seizures can develop in anyone at any age.

**WHEN WAS EPILEPSY FIRST DISCOVERED?**
Epilepsy was first described in the Bible, where it is referred to as "fits" or "seizures".

**WHY DO PEOPLE HAVE EPILEPSY?**
Epilepsy can be linked to specific causes, they are considered to be an acquired condition. Epilepsy can be congenital or acquired, and can be caused by a variety of factors, including genetic, environmental, and other causes.

**WHAT DO EPILEPTIC SEIZURES LOOK LIKE?**
There are different types of seizures, and they can vary from person to person. Some common types of seizures include:

- **Motor Seizures:** These are the most common type of seizures and can cause muscle stiffness, jerking movements, or loss of muscle control.
- ** Aura Seizures:** These are non-convulsive seizures that are not always recognized as seizures, such as blank staring, or jerking movements of arms and legs.
- **Generalized Seizures:** These are seizures that affect a variety of mental and physical functions.
- **Partial Seizures:** These are seizures that affect a specific part of the body.
- **Petit Mal Seizures:** These are brief, non-convulsive seizures that last from a few seconds to a few minutes. They can have many symptoms, from blank staring, or jerking movements of arms and legs.

**WHAT IS SELF CARE?**
Our program of self-care management provides direct contact with a trained professional who is dedicated to helping you navigate your journey with epilepsy. Armed with expertise and compassion, we guide you through the tools, information, and referrals needed to help you take control of:

- Proper medical protocol, personal health maintenance, and referrals.
- Managing mental and emotional health.
- Legal rights, the power of the ADA, and the benefits and lack of disclosure.
- Student rights to a proper education and a productive relationship with your school.
- Advocating for yourself and others.
- Access to therapeutic approaches to better manage your condition.
- Whether it’s for you, a family member or a friend, we connect you to appropriate community resources as well as program support within the Foundation.

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Educating yourself and those around you about epilepsy is one of the best ways to take control of your wellness. We offer a year-round calendar of events to keep our community informed with the very latest in therapies and treatment options, as well as safety tips.

- **Beyond Medication Seminars** present opportunities to keep up with the constantly evolving landscape of new treatments and therapies for epilepsy, preparing participants to have informed conversations with their medical providers.

- **Seizure Safety School** is offered numerous times throughout the year at Children’s Hospital Colorado. Led by professional educators, participants of all ages learn more about epilepsy and best practices for safe and effective seizure first aid.

- **The SUDEP Institute** offers practical information geared toward awareness and prevention of Sudden and Unexplained Death from Epilepsy.

Epilepsy in children and teens presents a particular set of social, emotional and developmental challenges. Our professionally supervised youth programs are designed to help kids come to terms with their epilepsy, realize they are not alone, and find a sense of belonging.

The **Jason Fleishman Summer Camp for Teens and Rock ’n Rally Summer Camp for Kids**
The Jason Fleishman Summer Camp for Teens, and Rock ’n Rally Summer Camp for kids offer overnight camp experiences within a safe and empowering environment. Participants enjoy a wide range of outdoor fun, while building confidence and making friends who share the common bond of epilepsy.

The **EFCO Youth Council**
The EFCO Youth Council creates a platform for teens to channel their experiences with epilepsy in a positive and impactful direction. The organization focuses on helping others while developing skills needed to empower the epilepsy community’s next generation of leaders.

We all have the power to inspire positive change for the epilepsy community. There are many ways to get involved for you and your family.

- **Share** your knowledge of epilepsy to break down the stigma of seizures by talking openly with your friends, neighbors or coworkers.

- **Unite** in the spirit of helping people who live with epilepsy as a volunteer for one of our many events throughout the year.

- **Mobilize** your neighborhood, school, or office to raise awareness and raise funds.

- **Activate** your political power by speaking out to local lawmakers with accurate information about seizures.

- **Connect** with others who have epilepsy through our network of support groups, seminars and trainings.

- **Donate** your time, your talents, and financial resources. The Epilepsy Foundation of Colorado relies completely on the generosity of individual and corporate donors, as well as funds raised through special events. Your support is urgently needed, and always very much appreciated.

We want to help you stay informed by providing stories of hope and strength, medical updates, events and much more.

Bookmark our website [www.epilepsycolorado.org](http://www.epilepsycolorado.org)

Sign up for the EFCO Living Well Newsletter.

Follow us on Facebook.

We hope you’ll stay in touch!

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**COMMUNITY EDUCATION**

**Support Groups**

**Advocacy Initiatives**

**Teaching Local Government**

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**CIRCLE OF FRIENDS**

**Support Groups**

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**LEARN**

**SHARE**

**GROW**

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**EPILEPSY FOUNDATION OF COLORADO**

**NOT another moment lost to seizures**

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888.378.9779

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