



**First
Stop**

Parents & Caregivers

You are not alone!

Having a child or family member diagnosed with epilepsy can be a scary, isolating time!

Visit our website or email us to easily make an appointment with one of our staff, learn about our no-cost education and resources available to you.

EAO has provided support and connection to families dealing with the challenges of epilepsy in Ohio since 1953.

Scan the QR code for our brochures.

Don't go through this journey alone - join an epilepsy community!

Learn More or Connect:

 (513) 721-2905

 eao@epilepsy-ohio.org

 www.epilepsy-ohio.org

Connect with EAO Staff

We can answer questions, point you to community resources, or just listen!

Educate Family & Others

Empower yourself and those in your child's life! EAO staff are available for seizure first aid trainings for family, caregivers, day cares, schools and more!

Find a Community

You are not alone in your epilepsy journey! Join one of our support groups to meet others dealing with the challenges of epilepsy!





Online
Resources

Recommended Websites Teen Edition

UNDER THE LIGHTS

Is the story of SAM, a boy with epilepsy so desperate to feel like a regular kid, he goes to prom *knowing* that the lights will make him have a seizure.

It's not just a movie. It's a *movement*.

The poster features a young man in a suit and tie, wearing a dark cap with a glowing light fixture on top. The background is dark blue with a subtle light effect.



Under the Lights

Under the Lights - Epilepsy Short Film

Scan the QR code to watch the award-winning short film and visit underthelightsfilm.com for updates on the feature length film.



Navigating Emotions

Navigating Emotions: A Guide for Teenagers with Rare Diseases

While epilepsy is not rare, this toolkit developed by Global Genes: Allies in Rare Diseases can help with navigating the complex emotions that come along with an epilepsy diagnosis.

Scan the QR code to learn more!



NAVIGATING EMOTIONS: A GUIDE FOR
TEENAGERS WITH RARE DISEASES

RARE
TOOLKITS



Epilepsy Books

Recommended Reading List Teen Edition

***Epilectra* by Sue Seserman**

<https://www.epilectra.com/>

This graphic novel series revolves around the main character who has epilepsy, which has given her superpowers. Other characters also have disabilities that give them special abilities.

***The Thing with Feathers* by Mcall Hoyle** is about a young, homeschooled girl who must navigate public school with her therapy dog. Young Adult Fiction with mild, clean romance.

***All Eyes on Me: Epilepsy You are not Alone* by L. Brandon Magoni**

Brandon is a 17-year boy who wrote this book during a stay at the Epilepsy Unit of Boston Children's Hospital to help newly diagnosed kids. The book chronicles his perception as a patient and his journey with epilepsy.

***Seize the Day: One Girl's Inspirational Story* by Abby Gustus Alford** is about her experiences as a 14-year old girl diagnosed with epilepsy and her struggles and successes graduating from college and having a family.

***Breathing Underwater* by Abbey Lee Nash** follows the story of Tess, a high school competitive swimmer, hoping for a college scholarship when she has her first seizure, and how this affects her friendships, family dynamics, and her loved lifeguarding job.

***Because You'll Never Meet Me* by Leah Thomas** is an emotional story of 2 boys that each have isolating disabilities and have a friendship through letters. Neither boy has epilepsy but it is more about a friendship that withstands distance and emotional issues.

***Navigating Life with Epilepsy* by Dr. David Spencer, Epileptologist**

Dr. Spencer takes complex medical information and makes understandable for teens, parents, caregivers, such as diagnosis, treatments, and the psychosocial challenges also includes patient stories.



**Epilepsy
Books**

Recommended Reading List

Elementary Edition

***Epilectra* by Sue Seserman**

<https://www.epilectra.com/>

This graphic novel series revolves around the main character who has epilepsy, which has given her superpowers. Other characters also have disabilities that give them special abilities.

***Meena Meets her Match* by Karla Manlnach**

This book is loosely based on the author's experiences as a middle schooler. Meena is a third-grade student, newly diagnosed with epilepsy, and what she goes through not only medically but her best friend's struggles to accept her.

***Cricket Gives Comfort: Exploring Epilepsy* by Pat McCaw, MD**

Part of the Health Paws Academy, this book teaches kids about epilepsy through the perspective of Cricket, a hospital therapy dog, and his handler, a Child Life Specialist.

***We Could Be Heroes* by Margaret Finnegan**

One of the main characters is determined to save Booler, her neighbor's dog, that suffers from seizures. Her special kinship with him springs from the fact that she has epilepsy, a fact she desperately tries to keep from her new friend, who has autism, at school.

***Delilah Versus the Ghastly Grim* by T.L. McCoy**

Written for the author's grandchild and inspired by the real girl's struggles with epilepsy, this book is a heartfelt fantasy novel about self-acceptance and hope.

***Stella* by McCall Hoyle**

This book is told from the perspective of Stella, a special dog, who must find the courage to overcome her fears in order to help save a young girl with epilepsy.