

## Why are we going car-free for epilepsy?



Many people with epilepsy are unable to drive a car. This means that they can't drive their children to school, go to the supermarket, take their children to sports on Saturday mornings or do the things that we take for granted. If someone who drives a car suddenly develops epilepsy and loses their driver's licence, it sometimes means that they lose their job as well.

It can be hard work organising day-to day activities when you cannot drive. People with epilepsy have to use taxis, buses, carpool, use their bikes or they walk everywhere. This takes time to organize and often people miss out on opportunities because they cannot just hop in the family car and go somewhere.

For further information, please view [www.ewct.org.nz](http://www.ewct.org.nz)

How would it inconvenience you if you were not able to have use of the family car in your busy week?

Draw up your own weekly calendar and show these inconveniences

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	I would not be able to go to early morning swimming classes as I would be late for school.		I couldn't have a lie-in			There would be no sports.	I would have to walk to church
Lunch		Mum wouldn't be able to bring my favourite lunch to school					
Afternoon	I wouldn't be able to play with my friends after school				I couldn't help mum with the weekly shop unless we took a taxi.		
Evening			I couldn't go to soccer practice.		Dad wouldn't bring home our favourite fish and chips		

**Language ideas: Here are some things you could think and write about.**

- 1) "The car was locked away in the garage for the day" Write about the adventures you had without the use of your family car.
- 2) "I was running late for school because my family decided to go car-free for epilepsy." Write about how you felt.
- 3) People with epilepsy should/should not be allowed to drive because. Discuss
- 4) Make a list of all the ways you could travel to school without using your car. Which way would you choose to travel?
- 5) Having a car-free day for epilepsy is a good/bad idea because. Discuss.
- 6) Draw a map of the route you take to school from your home. Label the streets, shops, churches etc. as you remember them from memory.
- 7) Find the meanings of these epilepsy words; epilepsy, seizure, brain, car-free, medications,
- 8) Design a "Go car-free for epilepsy" poster
- 9) Here is a list of ways you could travel. What are the good and bad things about these methods?

Means of transport	Good reasons to travel like this	Bad reasons to travel like this
Bicycle		
Skateboard		
Walking		
Carpooling		
Bus		
Hot air balloon		
Rocket		
Camel		
Train		
Boat		

- 10) Find out how you would help a friend with epilepsy if they suddenly had a seizure.

## 'Go Car-free for epilepsy' activities

1. These shoes are made for walking, and that is what they are going to do!!

Decorate a pair of canvas shoes and start walking!



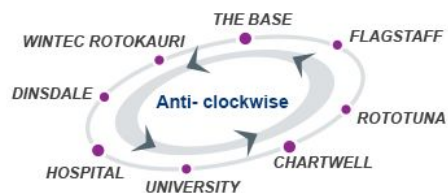
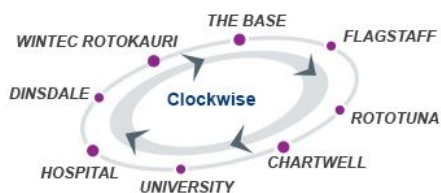
2. On your bike!

Get someone to check over your bike to make sure that it is safe to ride. Cycle safely and abide by the road rules. You may even like to decorate your bike before taking it for a ride.



3. The wheels on the bus go round and round. Take the Orbiter bus and see the sights of Hamilton

# orbiter



4. Sharing is caring. Invite a friend or friends to carpool to school, to sports, or for a friendly trip somewhere.



5. Skate boarding is fun. Wear a helmet, knee and elbow pads for added protection.



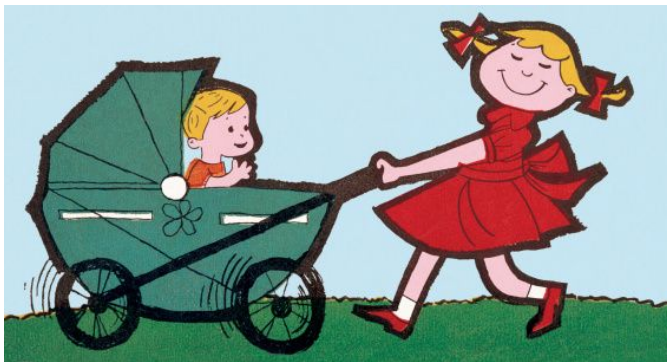
6. Jogging along. Join up with someone to take you for jog instead of using the car. Pace yourself and see how well you can improve your fitness over a week. Time your distances.



7. Take the family dog for a walk. Make sure that you are accompanied by an adult.



8. Babies can have fun too. Take your baby brother or sister for a ride in the pram.



9. Slowly does it. An elderly family member will enjoy your company too. Take them for a walk. Learn something new about them by chatting about their past whilst enjoying their company and fresh air.



10. What rain? Don't let a rainy day put you off enjoying a walk in the park or walking to school. Put on a coat, use an umbrella, wear some gumboots and splash in the puddles.



11. Send Maria a photo of how you travelled around on your "Go car-free for epilepsy" day. This will be shared on our epilepsy webpage and Facebook.

[maria@ewct.org.nz](mailto:maria@ewct.org.nz)



Go Car Free For Epilepsy



Epilepsy Awareness Week

1 -- 8 November