



Report on Epilepsy Stigma Bench Model/Caregivers Workshop: Community-Led Approaches

Submitted to: International League Against Epilepsy (ILAE)

Submitted by: Shine Epilepsy Support

Date: 16th December 2025

Location: Kajiado County, Kisaju Area

Funding Amount: \$2,500 USD

Introduction

This report outlines the activities and outcomes of the Epilepsy Stigma Bench Model Workshop funded by ILAE. The workshop aimed to address and reduce epilepsy stigma in the primary health systems through community-led approaches.

Workshop Overview

Duration: 3 days

Location: Kisaju Area, Kajiado County

Participants: 35 caregivers and community health promoters (CHPs)

Objectives

1. Train caregivers and CHPs on epilepsy awareness and stigma reduction.
2. Foster community-led initiatives to promote better understanding and support for individuals with epilepsy.
3. Develop strategies for integrating epilepsy care into primary health systems.

Activities Conducted

- **Training Sessions:** Conducted interactive sessions covering topics such as:
 - Understanding epilepsy
 - Challenging common myths and misconceptions
 - Effective communication strategies for caregivers and CHPs
- **Group Discussions:** Participants engaged in discussions to share personal experiences and develop community-led action plans to combat stigma.
- **Resource Distribution:** Educational materials and resources were provided to participants to facilitate ongoing community education.

Fund Utilization

The \$2,500 USD funding was utilized as follows:

- **Training Materials:** \$800
 - Printed educational materials and resources for participants.
- **Facilitator Fees:** \$900
 - Compensation for experienced trainers who led the workshop sessions.



- **Logistics and Venue: \$600**
 - Rental of space for the workshop and provision of accommodations for facilitators.
- **Refreshments: \$200**
 - Meals and snacks for participants during the three-day workshop.

Outcomes

- **Increased Knowledge:** Participants reported a significant improvement in their understanding of epilepsy and its management.
- **Community Engagement:** Enhanced participation and support for epilepsy initiatives within the community were observed.
- **Action Plans:** Each group developed specific action plans aimed at reducing stigma in their local areas.

Conclusion

The workshop successfully met its objectives, equipping caregivers and CHPs with the knowledge and resources to advocate for individuals with epilepsy. We sincerely thank ILAE for their financial support, which made this initiative possible.

Next Steps

- Implement the action plans created by participants.
- Monitor the impact of community-led initiatives on epilepsy stigma over the coming months.
- Prepare for a follow-up workshop to assess progress and provide additional training as needed.

Acknowledgments

We express our gratitude to the ILAE for their collaboration and support in this important endeavour, helping to foster a better understanding of epilepsy and promoting health equity in our communities.

Contact Information:

Annastacia Kavemba
Founder & CEO
Shine Epilepsy Support
annastacia.kavemba@shineepilepsysupport.org

