



## Cameroon, Bangante, West region 'Taking care of people with epilepsy' - Health

For several years, the AIC volunteers from the Bangante region have been supporting around 40 people with epilepsy. "Epilepsy is not an ordinary illness" a volunteer explained to us, "people who have fits are considered to be possessed". Caring for and helping each other, becoming independent and raising awareness of the condition are therefore the challenges that the project seeks to address.

AIC volunteers get hold of the medicines and raise awareness among those with the condition about the importance of taking them regularly and leading a healthy lifestyle. They organise monthly meetings during which each person can share their experiences, the difficulties they have encountered and some best practices. Through microcredit grants, some of the beneficiaries whose condition has stabilised have been able to set up income-generating activities.

### Context

For unknown reasons, epilepsy is a very widespread condition in the Bangante area in the west of the country. In the town of Bangoua, it appears that 20% of the population suffer from it. Not much is known about the condition and it is even a taboo. Sufferers are excluded from the community. So they live in isolation, often abandoned at the back of the family plot of land without any resources or future perspectives.



### Project theme and activities

For several years, AIC volunteers from the Bangante region have been supporting around 40 people with epilepsy. The objectives of the project are to provide care, put an end to isolation and exclusion, help each other and become independent.

- Monthly meetings with the sufferers of epilepsy: space for each person to speak about their experiences, the difficulties they have encountered and some best practices
- Raising awareness about the importance of following the treatment regularly
- Medical check-ups by a local nurse
- Home visits to meet the families and ensure that the sick people are looked after
- Purchase and distribution of medicines
- Granting of microcredits

## Key figures

- 15 people with epilepsy are in a stable condition and no longer have fits.
- 10 people with epilepsy have started an income-generating activity in agriculture, poultry farming or a small business and 5 others are agricultural workers and able to meet their needs.



## Local partners

- Village leaders and local authorities
- Parishes

## Impact and/or future prospects

The project has already enabled:

- Better monitoring of whether epileptic people are taking their medicines and an improvement in their health
- Better knowledge of the condition among those with it, as well as among their families and local communities
- Less social exclusion
- Financial independence of 15 people with epilepsy who can now meet their basic everyday needs