Ciara is a 26-year-old girl from Cork who has epilepsy. She does regular volunteer work and is seeking to raise awareness for this illness.
Ciara was diagnosed with epilepsy at age 9.

She has experienced the effect of misunderstanding of the condition within her own family.
A family member thought you put a spoon in a person's mouth during a seizure. I didn’t care but made sure they knew this isn’t what you do.
Discover more stories like Ciara's and learn about epilepsy stigma at internationalepilepsyday.org.