

# **My Epilepsy Journey Story Submission**

Thank you for your interest in submitting a story to the International Epilepsy Day campaign.

**Please read the following before submitting your story.**

1. In submitting your story, you grant us permission to share it on the International Epilepsy Day website, on our social media channels, and potentially in future materials.

2. We invite you to write your story in your own language. It may be translated if it is not in English. The original and the translation will both appear on the site if this is the case. It is important to verify the accuracy of translations. It would be helpful if you could translate the text yourself in order to ensure accuracy.

3. This #EpilepsyDay, we want to hear how epilepsy affects your daily life across the ten life domains of the [Global Epilepsy Needs Study](https://internationalepilepsyday.org/wp-content/uploads/2024/12/unnamed-25.png) (GENs). Your stories will be shared on #EpilepsyDay and used later this year when IBE launches the results of GENs bringing the data to life, and also informing ILAE’s newly developed Clinical Care Pathway.

**All entries must be submitted by the closing date of Friday, 31st January, 2025. Email** **contact@ibe-epilepsy.org** **with your entry**

**Your Email**

**Your Name**

**Your Age**

**GENS Life Domains**

[**View GENS Domains Chart**](https://internationalepilepsyday.org/wp-content/uploads/2024/12/GENS-Life-Domains.png)

Use the following story prompts as a springboard for sharing your unique experiences but don't feel limited by these prompts – your own experiences and perspectives are what matter most.

**1. Knowledge and advice:** Have you had access to reliable information about epilepsy? Do the people around you have the knowledge to support you?

**2. Safety and survival:** Have you experienced seizures in public? How did people react? Did you feel safe and supported?

**3. Healthcare and wellbeing:** Share your experiences navigating the healthcare system to manage your epilepsy. Have you faced difficulties accessing health services or treatments for epilepsy?

**4. Learning and education:** Have you experienced any cognitive challenges related to your epilepsy, such as difficulty with memory, attention, or learning?

**5. Work and income:** Have you encountered challenges with finding or maintaining employment, disclosing your condition to employers, or dealing with workplace accommodations?

**6. Safe transport and driving:** What challenges have you encountered in accessing transportation, whether through driving or public transportation? How has this affected your independence, social life, or ability to access essential services?

**7. Community and household:** Has your epilepsy affected your relationships with others? Have you withdrawn from social situations or avoided activities due to fear of having a seizure, feeling different, or facing stigma?

**8. Mental health and wellbeing:** Have you experienced anxiety, depression, or other emotional challenges related to your condition? How have these challenges impacted your daily life and overall quality of life?

**9. Sexual and reproductive health:** Have your epilepsy medications affected your hormones, menstrual cycle, or sexual function? Has epilepsy affected your ability to be intimate or have children?

**10. Achieving your goals:** Reflect on your overall quality of life. How has epilepsy affected your self-esteem, happiness, and ability to pursue your goals and dreams? What kind of support or resources would help you reach your full potential?

**Tell us about any specific needs you have faced on your epilepsy journey related to your chosen life domain.**

*Aim for an average of 300-500 words in your story submission, but it's okay if it's a bit shorter or longer.*