Isabelle's Story



I'm slowly rebuilding my life. I have an amazing job with people who are aware of epilepsy and are experienced in putting people in the recovery position (Stable-side position). I'm also looking to get my license for the first time EVER!

Hi I'm Kate and I would like to share my story to raise awareness of epilepsy.

I'm 25 and I have a beautiful daughter called Isabella who is 5.

"My epilepsy journey started when I was around 15. Eight of these years were undiagnosed, with me going back and forth between my doctor and the neurologist, trying to prove something wasn't right. I went to all my appointments alone, but I had no MRI's, no EEG's or CT's.

I began to feel that I wasn't being heard. I had no idea what was going on. I tried my best not to be tempted and 'google' my symptoms. My seizures got worse throughout pregnancy; I was absolutely

terrified. I was doing this all alone and I didn't know what was happening to my body. Nobody had answers for me.

It was very emotional to grow up and then suddenly have everything change. I had Isabella in 2018. Then in 2019 Isabella and I were living out of town; I had an MRI booked at 7:30 am and shortly after an ECG but I was running late…. thankfully I made it and they still let me have the tests. These tests confirmed I had epilepsy on the right side of my brain. Finally, I felt like we were getting somewhere. I went through a few different medications before we found the one that worked best

It was very difficult when my seizures occurred. I was surrounded by paramedics asking me "What day is it today" and "Can you tell us where you are?" …but I couldn't answer because I didn't know; even with pictures of my daughter surrounding me. Each of these seizures left me with quite a bit of memory loss. As scary as it is I'm forever grateful for the paramedics and neurologist and everyone who played a part in helping me.

I have been seizure-free for just over 2 years now. Just over a year ago, I was working at a cafe in town and a paramedic walked in and remembered me. She asked how I was doing; I was so happy to thank her and let her know how long I'd been seizure-free.

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Going through something like this alone has been very hard and a bit of an emotional rollercoaster but it's given me a chance to teach my daughter about epilepsy. I've encouraged her to learn, to be able to help others, and to know how to put someone in the recovery position.

More awareness needs to be out there about epilepsy. I'm never shy of telling my story."

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