

My Journey with Autism and Epilepsy: How It Has Shaped My Life

Hello everyone, my name is Angel Ortiz and I would like to share my story about how autism and epilepsy have impacted my life. Autism and epilepsy played a huge role in shaping who I am today. Growing up with autism and epilepsy was not easy, but I have learned to overcome these challenges. In this essay, I will discuss how these two disabilities have influenced my life and reflect on how they have shaped my confidence, relationships, and outlook. I will also be focusing on how autism and epilepsy play a huge role in society.

Living with Autism: A Journey Growth

I was diagnosed with autism when I was very young. Being able to navigate life with this condition was challenging. As a child, I often had trouble understanding what people were saying, which made it harder for me to communicate and build relationships with people. I had this feeling that it would impact my life when I got older.

Fortunately, the help of doctors, psychologists, and special accommodations in school has led to significant progress. Having an Individual Education Plan (IEP) and speech therapy played a role in building the skills I needed to succeed. Over time, I learned how to engage with people and participate in different activities. All of these things have changed my life, giving me hope and continuing to meet new people.

Facing Epilepsy: Overcoming Fears and Challenges

Being diagnosed with epilepsy added a new layer to my life. Epilepsy created challenges because I had to be careful with doing certain things to avoid getting hurt. Certain tasks were challenging which led me to avoid certain activities.

Thankfully, I received help from professionals and was given medication to control my seizures. As I was growing older, I joined FSOEC (Family Support Organization of Essex County) which introduced me to new opportunities to meet with different professions. I have participated in many activities that FSOEC was hosting which led to me meeting new people and creating new friendships.

A Message of Hope and Support

The overall message that I want to share is that finding support and being able to meet new people will help you become stronger, no matter the challenges that you may face. Autism and Epilepsy have made my journey more difficult, but it has taught me a valuable lesson. It has taught me to have perseverance, empathy, and the importance of having people around you in the community. I hope that this story inspires others and lets them know that you are not alone.

Thank you,
Angel Ortiz