

My name is Cassidy Megan McCarthy. I am a professional model and work in the film industry with a production company as a casting and Talent director, a sound director and a sound recordist. I like being outdoors, going for hikes and spending time with my family and friends. I am a competitive archer and you can usually always find me with my dog Miska. I have epilepsy and am the Founder of Purple Day. As you can see my epilepsy does not define me or stop me, I make adaptations when needed.

I was diagnosed with complex partial epilepsy but predisposed to generalized around 2005 when I was approx. 6 years old and in 2015 I had my 1st known Tonic-Clonic in my sleep. In 2019 I was in for a long-term EEG and was re-diagnosed with Generalized epilepsy, photosensitive and myoclonic jerks.

In 2008 I founded Purple Day, an epilepsy awareness day that is now celebrated globally every year on March 26th. I started Purple Day motivated by my own struggles with epilepsy and the discrimination and stigma that came with it, my goal is to get people talking about epilepsy in an effort to dispel myths, reduce stigma and let those living with epilepsy know that they are not alone.

I am very hands on with Purple Day work and communicate daily with people all over the world through social media, emails, phone calls and video. I am currently producing a video series called Our Story to help showcase living with epilepsy and how it can affect everyone, not just the person having the seizures. I also run a weekly live chat every Sunday night simultaneously on Facebook and Instagram. I have spoken about Purple Day and the importance of epilepsy awareness across various parts of Canada, the USA and have travelled to Japan and most recently to India to speak about epilepsy and participate in Purple Day celebrations with them. I also participate in webinars, zooms and conferences on a global front as much as I can.

I love seeing how much Purple Day has grown and how many people it has helped; how it has empowered people to stand up, share their stories and be proud of who they are and know that they are not alone. I love hearing the stories from people around the world, their stories inspire me, they help me continue my work because it shows that no matter our age, our sex or where we are from, we all feel the same, we all have the same fears, anxieties and we all want a change. It also shows that as far as we have come there is still so much work to do and I know that with all of us working together, as a team, these changes will happen. I am glad to be on this journey with all of you

I believe it is important to be involved in giving back and helping out whenever one can, it is not about me or us it is about working together and making the world a better, kinder and safer place for everyone. I know that life can be tough but I also know that we are tougher we are all in this together and the tougher we are we will make a difference.

I want to thank you for this nomination, it is truly an honour to be nominated by my peers and with such amazing advocates. I look forward to our continued journey.