

I got epilepsy since my birth. Currently, I am a singer. Though epilepsy has affected my learning and particularly memory to a large extent, I am grateful to my mother who has not given me up. She helped to cultivate my talent in music since my childhood. As memory problem is a big issue to me, I was rejected for personal tutoring on learning guitar. After that, I tried to learn in the Youtube on my own. With much perseverance in learning and practicing, I can play guitar very well now. I have been invited to attend numerous performances. Currently, I have formed a band, namely Omega with two other friends with disabilities. I do not look down upon myself. Though I have epilepsy, I want to make contribution to the society as others. I have been working as a program assistant in NGO.

I have been sharing my experiences of epilepsy through different platforms. For example, I volunteered in the first International Epilepsy Day Hong Kong in 2018 as a guest performer for the opening ceremony. It was a great experience for me to play guitar in front of group of medical and social care professionals as a 'patient'. In 2021, I was the Ambassador of the International Epilepsy Day Hong Kong. I shared my life stories to the public, raising their awareness about epilepsy and the talents of persons with epilepsy. During the COVID-19 pandemic, I taught music to children with special needs for more than 100 sessions through Zoom. In times of adversity in the community like COVID-19, I composed songs to encourage the public, delivering warmth and instill hope to others. I did also compose a song to commemorate my father who passed away nine years ago to thank for his love. I am not actively engaging in different social media platforms to share epilepsy and my stories.

Although there will be many difficulties in life, I am positive and optimistic and face difficulties with a positive attitude. I hope to use my experience and music to encourage others. 'Dare to try and do what's right!' is my motto.

Live hard, accept life, appreciate yourself and others, give full play to your strengths, and face difficulties with a positive and optimistic attitude. If you suffer from epilepsy, you can live your life as usual. Don't label people who are sick or different from you.

Recalling that learning to swim, composing music... all succeeded after my attempts of failure and adjustments. Friends with special needs or disabilities, please face difficulties with positive thoughts and attitudes.

Mom has been my strongest supporter for many years. Whenever I encounters difficulties in the practice process, I will often ask her for advice, and she will accompany her every time I perform. As a person with epilepsy, I am also grateful to my mother's encouragement which helped me gradually build up my self-confidence, transforming from a shy and introverted person to the current outgoing and sociable person.

As a person with epilepsy, I will continue to lead a normal life as others. I will strive to spread more positive energy to other persons with epilepsy, people in need and the public through singing and another volunteer work. I hope there is no stigma and

discrimination in the society.

<https://www.internationalepilepsyday.org.hk/%E7%84%A1%E7%99%87%E5%85%B1%E8%9E%8D%E5%A4%A7%E4%BD%BF>

<https://meditorial.co/blog/32/post/797>