

# **From Lived Experience to Leadership**

**Advancing Epilepsy Awareness & Socioeconomic Empowerment in Tanzania**

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**Global Epilepsy Ambassador**



# Why I Stand Here

- I WITNESSED STIGMA
- I SAW FAMILIES SUFFER IN SILENCE
- I CHOSE ACTION



# Lived Experience Creates Leaders

PAIN BECAME PURPOSE

EXPERIENCE BUILT TRUST

COMMUNITY SHAPED SOLUTIONS





# **THE REALITY OF EPILEPSY IN TANZANIA**

- STIGMA AND FEAR
  - LIMITED ACCESS TO CARE
  - POVERTY DEEPENS DISABILITY
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# From Survivor to Global Advocate

- GRASSROOTS ORGANIZER
- FOUNDER OF TANZANIA EPILEPSY ORGANISATION
- GLOBAL EPILEPSY AMBASSADOR

# OUR IMPACT MODEL: FROM CARE TO CHANGE

- **CARE**– Caregiver Support (Mom Forums) Mothers are the foundation of care Healing, skills, and dignity strengthen families
- **INCLUSION** – Skills & Economic Power (Restart Hub) Second chances through skills, creativity, and income, Dignity restored by opportunity, not charity
- **EVIDENCE** – Outreach, Research & Expansion, Rural awareness that breaks myths, Data that drives policy and scale

*Lived experience guides every pillar. Community voices lead every solution.*

# KEY TAKEAWAYS

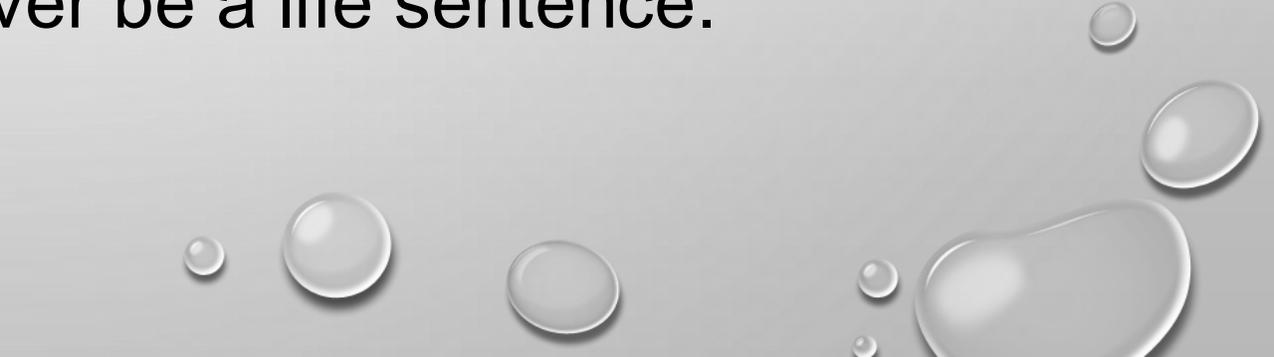
- STIGMA BREAKS WHEN COMMUNITIES TALK LOCAL AWARENESS DRIVES INCLUSION
- CAREGIVERS ARE UNSUNG HEROES SUPPORT THEM, STRENGTHEN FAMILIES
- SKILLS UNLOCK FUTURES ECONOMIC EMPOWERMENT CHANGES LIVES



# **A Call to the World**

Lived experience matters ,Community solutions work  
Partner with us to scale impact

"Epilepsy should never be a life sentence."



The background features a light gray gradient with several realistic water droplets of various sizes scattered around the edges. In the upper center, there is a faint, circular, concentric pattern that resembles a ripple or a stylized logo.

**THANK YOU**