

Caregiver Reference Guide for Functional Neurological Disorder

This reference guide provides clear, practical information to support caregivers and family members of people living with Functional Neurological Disorder (FND). It is intended to support understanding, communication, and day-to-day support without replacing medical or professional guidance.

What Is Functional Neurological Disorder (FND)

Functional Neurological Disorder is a neurological condition in which real, involuntary symptoms affect how the nervous system functions. Symptoms are not caused by structural damage to the brain and are not under conscious control.

FND symptoms are genuine and may fluctuate over time.

How FND May Affect Daily Life

FND can affect daily functioning in different ways depending on the person and circumstances. This may include:

- changes in movement, coordination, or speech
- sensory sensitivity

- difficulty with concentration or mental stamina
- fatigue or pain

The impact of FND is often variable and may change from day to day.

Key Principles for Supporting Someone With FND

Support is most effective when it:

- recognizes symptoms as real and involuntary
- focuses on participation rather than symptom elimination
- allows flexibility when capacity changes
- avoids assumptions about effort or motivation

Clear understanding helps reduce frustration and misunderstanding.

The Role of Caregivers and Family Members

Caregivers and family members may support:

- daily routines and practical tasks
- communication with healthcare, school, or workplace systems
- emotional steadiness and reassurance

Caregivers are not responsible for fixing, managing, or controlling symptoms.

Communication and Shared Understanding

Clear communication helps support safer and more respectful caregiving.

Helpful approaches include:

- focusing on functional impact rather than explanations
- clarifying what support is helpful
- revisiting expectations as needs change

Shared understanding reduces strain on relationships.

Protecting Caregiver Capacity

Sustainable support depends on caregiver capacity.

It is appropriate to:

- recognize personal limits
- share responsibility when possible
- plan for rest and support

Protecting capacity supports long-term caregiving.

What This Reference Is and Is Not

This reference:

- provides general information about FND for caregivers
- supports shared understanding and realistic support

This reference does not:

- provide medical advice
- prescribe caregiving strategies
- replace professional or clinical guidance

Supporting Caregiving Over Time

Caregiving for someone with Functional Neurological Disorder is an ongoing process. When caregivers have clear information and realistic expectations, support is more likely to remain consistent, respectful, and sustainable.

.