

Caregiver Self-Care and Capacity

Checklist

For caregivers and family members supporting someone with Functional Neurological Disorder

This checklist is designed to help caregivers notice and reflect on their current capacity while supporting someone with Functional Neurological Disorder (FND). It is not a diagnostic tool and does not replace professional guidance.

The purpose is awareness, not evaluation.

Current Capacity Check

You may want to consider the following areas:

- I am getting enough rest to function day to day
- I can complete my own basic daily responsibilities
- I am not constantly feeling rushed or overwhelmed
- I have some time that is not focused on caregiving

Capacity can change over time. This checklist is not a test.

Emotional and Cognitive Load

Caregiving can involve ongoing emotional and mental effort.

- I am able to think clearly most days
- I feel able to respond calmly rather than reactively
- I am not carrying all responsibility alone
- I feel able to ask for clarification or support when needed

Strain does not mean failure. It reflects sustained demand.

Boundaries and Sustainability

Clear boundaries help caregiving remain sustainable.

- I have limits around what I can reasonably provide
- I communicate my limits when needed
- My support role feels manageable most of the time
- Expectations are generally clear between myself and others

Boundaries protect both the caregiver and the person receiving support.

Support and Shared Responsibility

Caregiving does not need to be done alone.

- I have at least one person or resource I can turn to
- I am able to take breaks when possible
- Responsibilities are shared where feasible
- I know where to seek additional support if needed

Support may be informal or formal. Both are valid.

When Capacity Feels Low

If several areas feel strained, it may help to:

- pause and reassess expectations
- reduce non-essential demands
- seek additional support or respite
- revisit boundaries or routines

Needing adjustment is a normal part of caregiving.

Using This Checklist

This checklist can be revisited at any time. It is not meant to be completed perfectly or consistently.

Caregiving capacity can change with circumstances, stress, and time. Checking in supports awareness and sustainability.

Supporting Yourself While Supporting Others

Supporting someone with Functional Neurological Disorder is meaningful work. When caregivers attend to their own capacity and limits, support is more likely to remain steady, respectful, and sustainable over time.

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