

Creating a Personal Safety Plan for

FND

A personal safety plan is a practical tool that helps clarify how to respond if symptoms escalate or safety is temporarily affected. It is designed to support clearer responses during stressful moments, both for the person with FND and for others who may be present.

This planning resource focuses on **how to think about and create a personal safety plan** that reflects individual needs, patterns, and preferences. It does not replace medical guidance or emergency services.

Purpose of a Personal Safety Plan

A personal safety plan is meant to:

- support physical safety during symptom escalation
- guide others in how to respond appropriately
- reduce confusion and unnecessary escalation
- protect dignity and autonomy

A safety plan does not assume crisis will occur. It supports preparedness.

Identifying Situations Where Safety May Be Affected

Planning begins with awareness of situations where safety may be temporarily impacted.

This may include:

- specific symptom patterns that affect movement, awareness, or communication
- environments where injury risk is higher
- times when fatigue or overload increases risk

Identifying patterns supports more targeted planning.

Noting Early Signs of Escalation

Some people notice early changes before safety is affected.

This may involve:

- increased fatigue or disorientation
- changes in balance, speech, or responsiveness
- difficulty following instructions

Early awareness can support earlier adjustment or support.

Outlining Preferred Responses

Clear guidance helps others respond in ways that are supportive rather than distressing.

A plan may include:

- what usually helps during escalation
- what is not helpful
- preferred communication approaches

Preferences support respectful response.

Identifying Support Contacts

Safety plans often include contact information for support.

This may involve:

- family members or caregivers
- trusted contacts
- healthcare providers, when appropriate

Clear contacts reduce uncertainty during stressful moments.

Considering Different Settings

Safety needs may differ depending on location.

It may help to consider:

- home
- work or school
- public spaces

Context-specific planning improves relevance.

Reviewing and Updating the Plan

A personal safety plan should be reviewed periodically.

It can be helpful to:

- update the plan as symptoms or circumstances change
- share updates with relevant people
- revisit the plan after safety-related events

Review supports accuracy and usefulness.

Supporting Safety Through Preparation

Creating a personal safety plan for Functional Neurological Disorder supports clearer, calmer responses when safety is affected. When plans are individualized and reviewed over time, they help protect safety while respecting independence and dignity.

This resource is intended to support thoughtful, practical planning rather than predict or prevent all risk.

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