

FND Safety and Emergency

Information Sheet

This information sheet is designed to support **appropriate, calm response** when safety is affected for a person living with Functional Neurological Disorder. It can be shared with caregivers, workplaces, schools, or kept accessible for travel and daily activities.

This sheet provides general guidance. It does not replace medical care or emergency services.

What to Know About Functional Neurological Disorder

- Functional Neurological Disorder involves **real, involuntary neurological symptoms**.
- Symptoms may fluctuate and can sometimes escalate temporarily.
- Symptoms are **not intentional, exaggerated, or under voluntary control**.

Understanding this helps guide appropriate response.

When Safety May Be Affected

Safety concerns may arise when symptoms:

- interfere with movement, balance, or coordination
- affect awareness or responsiveness
- limit communication
- temporarily prevent independent self-care

Safety needs are about **risk management**, not diagnosis or cause.

During Symptom Escalation

When symptoms increase, helpful responses may include:

- prioritizing physical safety
- maintaining a calm environment
- reducing sensory input when possible
- allowing time for symptoms to settle

Avoid unnecessary urgency if safety is stable.

When Additional Help May Be Needed

Additional support may be appropriate if:

- safety cannot be maintained
- injury occurs or risk of injury is present
- symptoms are unusual for the individual
- there is concern beyond the person's typical FND presentation

Seeking help is a safety decision.

Important Notes for Responders

- Avoid assumptions about cause or intent
- Avoid crowding or repeated instructions
- Follow the individual's personal safety plan when available
- Respect dignity and communication limits

Clear, measured response supports better outcomes.

Personal Safety Information

(Complete as applicable)

- Primary support contact: _____
- Secondary support contact: _____

- Healthcare provider: _____
- Relevant medical notes: _____

Using This Information Sheet

This sheet can be kept:

- at home
- with personal belongings
- at work or school
- while traveling

It is intended to support **clear, respectful response**, not to direct emergency care.

Supporting Safety With Clarity

Clear information and preparation support calmer responses when safety is affected. Planning helps reduce confusion while protecting dignity and autonomy.