

Healthcare Support Person

Reference Sheet

Supporting someone with Functional Neurological Disorder during medical appointments can involve practical, emotional, and communication-related responsibilities. This reference sheet outlines key considerations to help support clearer, safer healthcare interactions while respecting autonomy and capacity.

Support Person Information

- Name:
- Relationship to the person with FND:
- Appointment date:
- Provider or clinic:

Your Role During the Appointment

(As agreed in advance)

- Listening and emotional support
- Note-taking

- Clarifying information if requested
- Speaking on behalf of the person with FND when agreed

Key Priorities for This Appointment Communication Preferences

(How the person with FND prefers support)

- When it is helpful for you to speak
- Signals that indicate fatigue or overload
- Topics the person prefers to handle themselves

Supporting Capacity During the Visit

You may help by:

- monitoring signs of fatigue or distress
- suggesting breaks when appropriate
- helping keep discussion focused on priorities

Support should remain collaborative and consent-based.

Managing Difficult Moments

If communication becomes strained or overwhelming, it may help to:

- calmly request clarification
- restate agreed priorities
- suggest pausing or following up later

Not all concerns need to be resolved during one appointment.

Notes From the Appointment

(Optional)

Follow-Up Support

(As requested)

- Assisting with reminders or paperwork
- Supporting rest and recovery afterward
- Helping track next steps

About This Sheet

This reference sheet is intended to support people attending medical appointments as support persons. It does not replace medical advice or decision-making by healthcare professionals.

Supporting someone with FND involves balancing presence, clarity, and respect for autonomy.

People living with FND may experience symptom fluctuation, fatigue, or communication difficulty during appointments. Using a written summary can help reduce cognitive load and support more effective healthcare interactions.