

# Planning Shared Routines and Supports With FND

Living with Functional Neurological Disorder often involves shared routines, responsibilities, and adjustments within households or families. Symptoms may fluctuate, and what works at one time may need to change later.

This planning resource focuses on how shared routines and supports can be discussed, organized, and adjusted in ways that are realistic, flexible, and respectful of everyone involved.

## Why Shared Planning Matters

When support is informal or assumed, misunderstandings and strain can develop.

Shared planning helps:

- clarify expectations
- reduce repeated negotiation
- support consistency during symptom fluctuation
- protect relationships over time

Planning does not eliminate uncertainty, but it can reduce friction.

## **Identifying What Needs to Be Shared**

Not all tasks or supports need to be shared.

It may help to identify:

- daily routines affected by symptoms
- tasks that require flexibility
- areas where support is most helpful
- areas where independence is preferred

Clear identification helps avoid over- or under-support.

## **Balancing Support and Independence**

Supporting someone with FND does not mean removing independence.

Shared planning may involve:

- agreeing on when help is needed
- respecting autonomy where possible
- avoiding unnecessary takeover of tasks

Balance supports dignity and self-efficacy.

## **Creating Flexible Routines**

Rigid routines can become difficult when symptoms fluctuate.

More flexible approaches may include:

- having backup plans for low-capacity days
- allowing routines to adjust without conflict
- focusing on essential tasks first

Flexibility supports adaptability.

## **Communicating About Changes**

Needs and capacity may change over time.

It can help to:

- check in regularly about what is working
- discuss changes without blame
- adjust expectations collaboratively

Clear communication supports smoother adjustment.

## **Reviewing and Adjusting Over Time**

Shared routines benefit from periodic review.

This may involve:

- revisiting plans during calmer periods
- adjusting roles or supports as needed
- acknowledging when something is no longer working

Review supports sustainability.

### **Supporting Shared Life With Clarity**

Planning shared routines and supports with Functional Neurological Disorder involves collaboration, flexibility, and respect for changing needs. When planning is shared and reviewable, support is more likely to remain steady and relationship-preserving over time.

This resource is intended to support practical, respectful planning within families and caregiving relationships.

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