

Setting Boundaries and Preserving

Energy as a Caregiver

Caregiving for someone with Functional Neurological Disorder can gradually expand beyond what was originally intended. Without clear boundaries, support roles can become exhausting and difficult to sustain.

This toolkit focuses on **establishing and maintaining boundaries** that help preserve caregiver energy while continuing to provide meaningful, respectful support.

Why Boundaries Matter in Caregiving

Boundaries are not barriers to care. They are structures that make care sustainable.

Clear boundaries can:

- reduce ongoing strain and exhaustion
- prevent confusion about roles and expectations
- support more consistent caregiving over time

Boundaries help protect both the caregiver and the person receiving support.

Recognizing When Boundaries Are Needed

Boundary strain often appears before burnout.

Caregivers may notice:

- feeling constantly “on call”
- difficulty saying no
- resentment or frustration building
- loss of time for non-caregiving responsibilities

These signals suggest that boundaries may need adjustment.

Distinguishing Support From Obligation

Supporting someone with FND does not mean meeting every need at all times.

It may help to clarify:

- what support is reasonable and sustainable
- what responsibilities belong to others or to systems
- what cannot be maintained long term

Distinguishing support from obligation helps reduce role overload.

Communicating Boundaries Clearly and Respectfully

Boundaries are most effective when communicated calmly and clearly.

This may involve:

- stating limits without justification or apology
- explaining what you can and cannot offer
- revisiting boundaries as circumstances change

Clear communication helps prevent misunderstanding.

Preserving Energy in Daily Interactions

Small choices can significantly affect energy levels.

Caregivers may preserve energy by:

- limiting repeated explanations
- reducing unnecessary decision-making
- prioritizing essential support over optional tasks

Energy preservation supports steadier involvement.

Adjusting Boundaries Over Time

Boundaries are not fixed.

It may be helpful to:

- review boundaries periodically
- adjust limits when capacity changes
- communicate updates openly

Flexibility supports sustainability without rigidity.

Supporting Caregiving With Clear Limits

Setting boundaries and preserving energy are essential parts of sustainable caregiving for Functional Neurological Disorder. When caregivers establish realistic limits, support is more likely to remain consistent, respectful, and compassionate over time.

This toolkit is intended to support caregivers in maintaining their capacity while continuing to provide meaningful support.

.