



Functional Neurological Disorder (FND)

A Simple Starting Guide for Patients and Caregivers

Receiving a diagnosis of Functional Neurological Disorder (FND) can feel confusing or overwhelming. Clear, calm information can help people begin to understand the condition.

You are not alone. Many people living with Functional Neurological Disorder find that understanding the condition and accessing supportive resources can make a meaningful difference over time.

Functional Neurological Disorder is a neurological condition that affects how the brain sends and receives signals within the nervous system. In most cases, the structure of the nervous system is intact, but the way signals are processed can become disrupted.

These changes in signaling can lead to real and sometimes disabling symptoms. FND is recognized within modern neurology and is the subject of ongoing clinical research.

Common Symptoms of FND

- Tremor or changes in movement
- Weakness or difficulty walking
- Changes in sensation such as numbness or tingling
- Speech or voice changes
- Balance or dizziness difficulties

- Seizure-like episodes (often called functional seizures)
- Fatigue or cognitive difficulties

Symptoms can vary widely from person to person and may fluctuate over time. FND symptoms are real and involuntary. They are not imagined and are not intentionally produced by the individual.

An Important Thing to Know

Understanding FND is often an important first step in navigating the condition. Research over the past decade has improved understanding of how brain networks involved in movement, attention, and emotion can become disrupted in FND.

Many people experience improvement when they receive clear explanations, work with healthcare professionals familiar with FND, and develop strategies that support nervous system regulation and daily functioning.

Helpful Early Steps

- Learning about FND from reliable medical and educational sources
- Working with healthcare professionals who understand the condition
- Using pacing and energy-management strategies to avoid symptom overload
- Practicing grounding or nervous-system regulation strategies
- Building supportive routines and environments with family or caregivers

Learning More and Finding Support

Healing Horizons for Functional Neurological Disorder (HHFFND) is a Canadian nonprofit organization that provides educational resources and supportive tools for individuals and families affected by FND.

Resources available include:

- Educational information about FND
- Coping tools that support nervous system regulation
- Resources for families and caregivers
- Information about peer support initiatives

Website: healinghorizonsfnd.ca

Important Note: Healing Horizons for Functional Neurological Disorder provides educational resources and peer-support information. We do not provide medical advice, diagnosis, or treatment. Individuals should consult their healthcare providers regarding medical care.