

Can You Drive with FND?

Driving with Functional Neurological Disorder (FND) is not the same for everyone. Some people are able to drive. Others may need to limit, adjust, or pause driving depending on their symptoms. For many, it can change over time. There is no single answer that applies to everyone. What matters most is whether driving feels safe and manageable for you right now.

When Driving May Be Possible

Driving may be possible when symptoms are:

- stable and predictable
- not affecting movement or control
- not interfering with awareness or responsiveness
- manageable within your current environment

Some people find they are able to drive in certain situations, such as:

- short, familiar routes
- low-traffic areas
- times of day when symptoms are calmer

This can look different for each person.

When It May Not Be Safe to Drive

There may be times when driving is not safe.

This can include when symptoms involve:

- sudden weakness or loss of control
- tremors or involuntary movements that affect driving
- episodes that affect awareness or responsiveness
- significant dizziness, visual disruption, or confusion
- feeling overwhelmed or unable to focus

If your ability to control the vehicle or respond to your surroundings is affected, driving may not be safe in those moments.

Why It Can Change from Day to Day

FND symptoms can fluctuate.

You may have days where driving feels manageable, and other days where it does not.

This variability means that decisions about driving often need to be made based on your current state, rather than based on what was possible before.

Checking In Before You Drive

Before driving, it can help to take a moment to notice how you are feeling.

You might ask yourself:

- Do my symptoms feel stable right now?
- Do I feel in control of my movements?
- Is my awareness clear and steady?
- Am I able to focus and respond if something changes?

These questions are not about finding a perfect answer. They are about helping you notice what your body is telling you.

Signs That Driving May Feel Safer

Driving may feel more manageable when:

- symptoms are mild or stable
- your body feels predictable
- your focus and awareness are clear
- you feel physically and mentally steady

Even then, it can help to keep plans simple and flexible.

Signs That It May Be Safer Not to Drive

There may be times when it is safer to pause.

This can include when:

- symptoms are increasing or unpredictable
- you feel a loss of control in part of your body

- awareness, focus, or responsiveness is affected
- you are feeling overwhelmed or overstimulated
- dizziness, visual changes, or confusion are present

Choosing not to drive in these moments is a way of protecting yourself and others.

Making a Flexible Decision

With FND, decisions about driving often need to be made in the moment.

It can help to:

- give yourself permission to change plans
- avoid pressure to follow through if something doesn't feel right
- choose alternatives when needed

Flexibility is not a setback. It is part of adapting.

Having a Backup Plan

Knowing you have options can make decisions easier.

This might include:

- arranging a ride with someone you trust
- using delivery or transportation services
- delaying or rescheduling plans when possible
- Having a backup plan can reduce pressure and support safer choices.

There Is No One-Size-Fits-All Answer

Living with FND often means adjusting decisions based on how your body is functioning. Driving is no different. For some, it remains part of daily life.

For some, it remains part of daily life. For others, it may look different or change over time. The most important factor is safety, both for you and for others around you.

This information is provided for general support and education. It is not medical advice. Driving rules may vary depending on your symptoms and where you live. If your symptoms affect awareness, responsiveness, or control, or if you are unsure about your ability to drive safely, speak with a qualified healthcare professional and check your local driving authority requirements.