

Driving Safety Checklist for FND

Driving with Functional Neurological Disorder (FND) can feel different from day to day. This checklist is here to help you pause, check in with your body, and make decisions that support your safety. You can use it before driving, or whenever you need a quick moment to reassess.

Before You Drive

Take a moment to check in with how you are feeling right now.

- My symptoms feel stable or manageable
- I feel in control of my movements
- My awareness feels clear and steady
- I am able to focus and respond if needed

If any of these feel uncertain, it may be helpful to pause and reassess.

Right Before Starting the Car

- I feel physically and mentally steady
- I am not overwhelmed or overstimulated
- I have enough energy to complete this drive

I feel comfortable with the route I am taking

During the Drive

I feel able to maintain focus

My body feels predictable and controlled

I am aware of my surroundings

I can respond calmly if something changes

If anything begins to feel off, consider slowing down and preparing to stop safely.

If Symptoms Start

I will stay as calm as possible

I will slow down gradually

I will move toward a safe place to pull over

I will turn on hazard lights if needed

After Stopping

I will give my body time to settle

I will not rush to continue driving

I will reassess how I am feeling

I will choose an alternative plan if needed

Quick Reminder

- It is okay to change your plans
- It is okay to stop early
- Safety matters more than finishing the drive

Use This as a Guide, not a Test

This checklist is here to support awareness and safer decision-making.

You do not need to meet every point perfectly. It is a tool to help you notice how you are feeling and respond in a way that supports your safety.

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.