



Supporting Someone with Functional Neurological Disorder (FND)

A Short Guide for Family Members and Caregivers

Supporting someone living with Functional Neurological Disorder (FND) can sometimes feel confusing or overwhelming. Family members and caregivers often want to help but may not always know what to do when symptoms appear.

FND is a condition involving changes in how the nervous system functions. Symptoms are real and involuntary. They are not imagined and are not intentionally produced by the individual.

Understanding the Experience

People living with FND may experience symptoms affecting movement, sensation, speech, balance, awareness, or cognition. Fatigue and pain are also commonly reported by people with FND. Symptoms can fluctuate, meaning some days may be easier than others.

These changes can be frustrating for both the individual and the people supporting them. Learning about the condition can help caregivers respond with patience and understanding.

Ways You Can Provide Support

- Listen and take symptoms seriously
- Support the person's agreed treatment, rehabilitation, or self-management strategies when appropriate
- Support medical and therapy appointments when possible
- Help create calm and predictable routines
- Be patient during symptom fluctuations

Taking Care of Yourself

Supporting someone with a chronic condition can also affect caregivers. It is important to look after your own well-being and seek support when needed.

Connecting with educational resources or support communities can help caregivers better understand FND and feel less alone in the experience.

Learn More

Healing Horizons for Functional Neurological Disorder (HHFFND) provides educational resources and supportive tools for individuals and families affected by FND.

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.

References

1. Lehn A, Petrie D, Palmer D, et al. Managing functional neurological disorder: treatment recommendations for health professionals in Australia. *BMJ Neurology Open*. 2025;7:e000970. doi:10.1136/bmjno-2024-000970.
2. Stone J, Burton C, Carson A. Recognising and explaining functional neurological disorder. *BMJ*. 2020;371:m3745. doi:10.1136/bmj.m3745.