

FUNCTIONAL NEUROLOGICAL DISORDER:

A Friendly Guide to Understanding,
Symptoms, and Care





This resource is not intended for professional medical advice, it is for general informational purposes only. Please consult your physician or medical specialist for diagnosis, advice and treatment.

FND:

CONTENTS:

FND: KEY FACTS.....	PAGE 05
FND -WHAT IS IT?.....	PAGE 06
CAUSES OF FND.....	PAGE 06
COMMON SYMPTOMS.....	PAGE 07
DIAGNOSIS & TESTING.....	PAGE 08
PROGRESSION OF THE CONDITION?.....	PAGE 09
IS THERE A CURE?.....	PAGE 10
HELPFUL RESOURCES.....	PAGE 11
FINAL THOUGHTS.....	PAGE 12
OUR SERVICES: DEMENTIA SUPPORT CONSULT.....	PAGE 13
OUR SERVICES: WELLBEING & LIFE STRATEGY COACHING...	PAGE 14
OUR SERVICES: NEUROSCIENCE COACHING & RESOURCES.	PAGE 15



FUNCTIONAL NEUROLOGICAL DISORDER:

KEY FACTS

01

Treatment Approaches: Management focuses on psychotherapy, physical therapy, occupational therapy, medication for associated symptoms, and lifestyle modifications.

02

Diagnosis: Diagnosing FND involves a comprehensive assessment, often requiring the exclusion of other neurological conditions.

03

Diverse Symptoms: Symptoms can vary widely and may include motor, sensory, cognitive, and psychological changes.

04

Nature of the Disorder: FND involves neurological symptoms resulting from functional changes in the brain rather than structural damage.

FUNCTIONAL NEUROLOGICAL DISORDER:

What is it?

Functional Neurological Disorder (FND) is a condition characterized by neurological symptoms that arise from changes in how the brain and nervous system function, rather than from structural damage or injury.



Causes and Risk Factors

The exact cause of FND is not fully understood, but it is thought to result from a complex interplay of physical, psychological, and social factors. Here are some contributing factors:

- **Neurological Mechanisms:** Changes in how the brain processes information and communicates with the body can lead to the symptoms of FND. This may involve disruptions in brain networks responsible for movement, sensation, or emotional regulation.
- **Psychological Factors:** Stress, trauma, anxiety, and emotional challenges can play a significant role in the onset or exacerbation of FND symptoms. Many individuals with FND report experiencing a stressful life event or emotional distress before the symptoms began.
- **Physical Factors:** Previous physical health issues or neurological conditions may contribute to the development of FND. This could include a history of concussions, other neurological disorders, or chronic pain conditions.
- **Socioenvironmental Factors:** Life circumstances, support systems, and environmental stressors can influence the onset and severity of symptoms. Understanding a person's environment is crucial to addressing their needs.

FUNCTIONAL NEUROLOGICAL DISORDER:

What are the symptoms?

Symptoms of FND can vary widely from person to person and may affect different areas of functioning. Common symptoms include:

Common Symptoms:

Motor Symptoms

- Weakness or Paralysis: Some individuals may experience sudden weakness or inability to move certain parts of the body.
- Tremors or Shaking: Involuntary shaking or tremors, which can affect any part of the body.
- Abnormal Gait: Difficulty walking, changes in balance, or an unsteady gait.
- Dystonia: Involuntary muscle contractions leading to abnormal postures or movements.

Sensory Symptoms

- Numbness or Tingling: Loss of sensation or abnormal sensations in various body parts.
- Vision Problems: Visual disturbances, such as blurred vision or difficulty focusing.
- Hearing Issues: Sensitivity to sound or changes in hearing perception.

Cognitive Symptoms

- Difficulty Concentrating: Challenges with attention and focus, often described as "brain fog."
- Memory Problems: Issues with memory retrieval or short-term memory difficulties.

Psychological Symptoms

- Anxiety and Depression: Many individuals with FND may also experience anxiety, depression, or emotional distress.
- Panic Attacks: Episodes of sudden intense fear that can lead to physical symptoms like shortness of breath or dizziness.



FUNCTIONAL NEUROLOGICAL DISORDER:

Diagnosis of the condition

Diagnosing FND can be challenging because it shares symptoms with many other neurological conditions. Here are the steps typically involved in the diagnostic process:



Typical testing methods include:

- **Medical History:** A thorough medical history review is essential. The healthcare provider will ask about symptom onset, duration, and any preceding stressors or trauma.
- **Neurological Examination:** A detailed neurological examination will assess motor, sensory, and cognitive functions to identify specific symptoms indicative of FND.
- **Exclusion of Other Conditions:** Tests like MRI or CT scans may be conducted to rule out structural brain damage, tumors, or other neurological disorders.
- **Video EEG Monitoring:** If seizures are involved, video EEG monitoring can help distinguish between epileptic and non-epileptic seizures.
- **Functional Assessments:** Healthcare providers may assess how symptoms affect daily functioning and quality of life.

FUNCTIONAL NEUROLOGICAL DISORDER:

Progression of the condition

Functional Neurological Disorder (FND) is a complex condition characterized by neurological symptoms, such as weakness, movement disorders, or sensory changes, that cannot be explained by structural or physiological abnormalities in the nervous system.

The progression of FND varies widely between individuals, often influenced by psychological, social, and medical factors.

Symptoms may appear suddenly, often triggered by stress, trauma, or illness, and can fluctuate in severity over time.

Some individuals experience episodic symptoms, while others may face persistent challenges, including worsening symptoms if the condition remains untreated.

Without appropriate intervention, such as psychotherapy, physical rehabilitation, or addressing underlying stressors, FND can lead to significant disability and emotional distress.

Early recognition and a multidisciplinary treatment approach are crucial in managing symptoms and improving long-term outcomes.



FUNCTIONAL NEUROLOGICAL DISORDER:

Is there a cure?

While there is currently no one-size-fits-all treatment for FND, several approaches can help manage symptoms and improve quality of life.

Treatment may include:

Psychotherapy

- Cognitive Behavioral Therapy (CBT): Helps patients understand the connections between thoughts, feelings, and behaviors, offering coping strategies for managing symptoms.
- Acceptance and Commitment Therapy (ACT): Focuses on acceptance of symptoms and commitment to personal values and goals, promoting psychological flexibility.

Physical Therapy

- Physical therapists can develop tailored exercise programs to improve mobility, strength, and coordination, helping individuals regain physical function.

Occupational Therapy

- Occupational therapists assist individuals in adapting to daily activities and improving functioning in everyday tasks, enhancing independence.

Medication Management

- While no specific medications target FND, antidepressants or anti-anxiety medications may help manage associated mood symptoms.

Lifestyle Changes

- Stress Management Techniques: Practices such as mindfulness, meditation, and relaxation exercises can help manage stress, which may trigger or exacerbate symptoms.
- Regular Exercise: Physical activity is beneficial for overall health and can improve mood and physical functioning.

Education and Support

- Providing education to patients and their families about FND helps reduce stigma and misconceptions, fostering a supportive environment.
- Support groups can connect individuals with shared experiences, promoting understanding and encouragement.

FUNCTIONAL NEUROLOGICAL DISORDER:

Helpful Resources



If you have a loved one experiencing FND,
here are ways you can offer support:

- **Listen and Validate:** Offer a listening ear and validate their experiences. Acknowledge their struggles without judgment, allowing them to express their feelings.
- **Encourage Professional Help:** Encourage them to seek support from healthcare professionals who understand FND and can guide them in their treatment journey.
- **Educate Yourself:** Learn about FND to better understand their experiences and challenges. This can help reduce stigma and promote empathy.
- **Be Patient:** Understand that symptoms can fluctuate and that some days may be more challenging than others. Patience and compassion go a long way.
- **Help with Daily Activities:** Offer assistance with daily tasks that may be difficult for them, such as cooking, cleaning, or running errands.
- **Promote a Healthy Lifestyle:** Encourage regular physical activity, healthy eating, and stress-reducing practices to support their overall well-being.

05

FUNCTIONAL NEUROLOGICAL DISORDER:

Final Thoughts

Functional Neurological Disorder can be a complex and challenging condition, but with understanding, support, and appropriate treatment, individuals can manage their symptoms and improve their quality of life. By raising awareness about FND and fostering compassion, we can help create a supportive environment for those affected and promote better outcomes for all.



OUR SERVICES: DEMENTIA SUPPORT SPECIALIST CONSULT

At Remember the Carer we enhance the lives of caregivers and loved ones living with cognitive change.

We provide effective life strategies and simple wellbeing solutions, personally designed for you.

Our Dementia Support Specialist is dedicated to serving you with practical strategies, and simple solutions designed to improve your experience of caregiving, and enhance your wellbeing.

HOW WE CAN HELP:



Unpacking and
Understanding the
Diagnosis.



Practical Behavioral
Strategies



Living Well Strategies



Caring for the Caregiver



Future Planning



Allied Health Referrals
& Community Support

OUR SERVICES: WELLBEING & LIFE STRATEGY COACHING

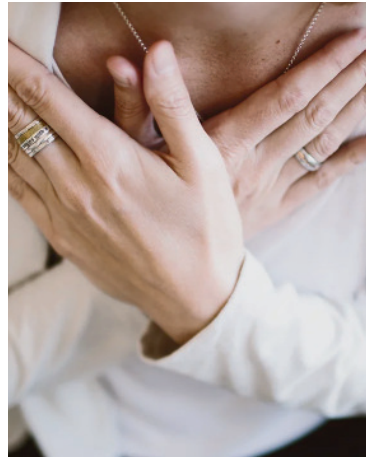
Whether you simply need someone to listen,
or you're seeking coaching for wellbeing, life strategy
or neuroscience techniques, we're here for you.

**These private sessions allow us to meet your unique needs,
helping you find clarity and direction
with practical steps forward.**

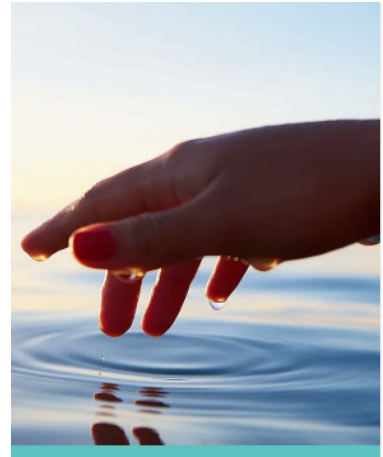
Our wellbeing and life strategy sessions are designed to provide you with a safe and nurturing space to explore your thoughts and feelings, creating a supportive environment where you can express yourself freely, knowing that you're in a judgment-free zone.

During your first appointment with our wellbeing & life Strategy coach, you'll engage in a warm and supportive conversation where your story can be expressed and heard and whatever matters most to you. This includes unpacking the biggest barriers and challenges that you're facing, to explore your goals and dreams no matter how big or small, because vision is key.

Once a clear understanding of your situation, has been established we will explore creative strategies for you to pivot and map out practical steps toward living your best life. You will also receive a comprehensive blueprint and support plan tailored to your unique journey.



Heart & Soul Care:
Reconnecting with your
Unique Being



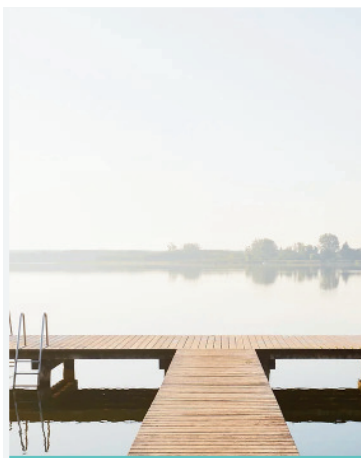
Breakthrough & Recovery:
Strategies for Anxiety, Stress
& Burnout



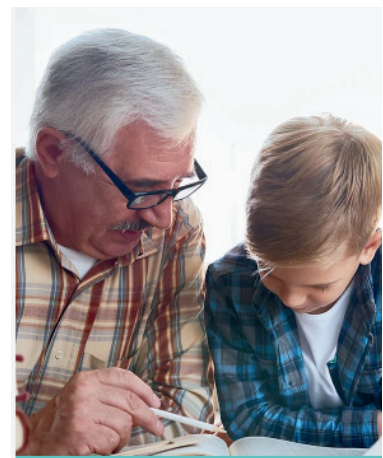
Healthy Boundaries:
Guilt-free living & quality
relationships



Healthy Mindset:
Building Strength,
Confidence & Resilience



Finding Equilibrium:
Reclaiming Rest
and Life Balance



**Memory, Attention
& Learning Strategies**

OUR SERVICES: NEUROSCIENCE COACHING & RESOURCES

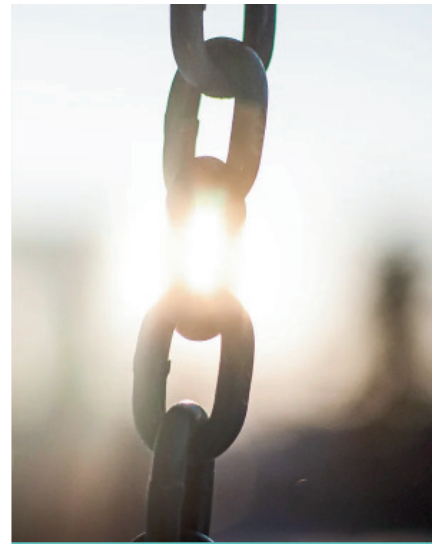
Neuroscience Coaching incorporates evidence-based techniques harnessing the power of neuroplasticity and brain anatomy principles to enhance daily functioning, in many areas of life including the following:



Motivation, Inspiration
& Productivity Strategies



Language & Communication
Strategies



The Neuroscience of
Addiction

OUR SERVICES

SCHEDULE AN APPOINTMENT

MEET THE TEAM



Allied Health Referrals
& Community Support



Empowerment
Programs



Information
Resources



REMEMBER THE CARER

At Remember the Carer we enhance the lives of caregivers
and loved ones living with cognitive change.

We provide effective life strategies and simple wellbeing solutions,
personally designed for you.

Our dedicated Dementia Support Specialist, and our
compassionate team of Certified Dementia Practitioners,
Wellbeing and Neuroscience Coaches are here to serve.



With twenty years of vast experience in dementia care and cognitive change
...you're in great hands.

