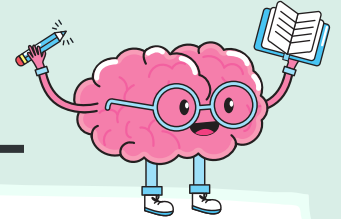


# FND RESPONSE PLAN



NAME/DOB: \_\_\_\_\_

I, \_\_\_\_\_, HAVE BEEN DIAGNOSED WITH FUNCTIONAL NEUROLOGICAL DISORDER, BY MY HEALTH CARE PROVIDER. SYMPTOMS CAN HAPPEN THROUGHOUT THE DAY OR IN EPISODES. EPISODES ARE MORE LIKELY TO OCCUR WITH NERVOUS SYSTEM OVERWHELM, \*\*ARE NOT MEDICAL EMERGENCIES\*\* AND CAN GET BETTER WHEN RESPONDED TO CORRECTLY.

FOR ME, FND LOOKS LIKE:

MY WARNING SIGNS

WHAT TO DO IF AN EPISODE IS ABOUT TO HAPPEN

- GIVE ME A REASSURING NONVERBAL SIGNAL THAT I KNOW MEANS, "I'M HERE. YOU ARE GOING TO BE OKAY."
- REMIND ME TO USE A COPING SKILL TO REGULATE MY NERVOUS SYSTEM.
- \_\_\_\_\_

WHAT TO DO DURING

- REMAIN CALM.
- SPEAK POSITIVELY ABOUT ME OR BETTER YET, NOT AT ALL. I CAN HEAR YOU AND ATTENTION MAKES IT WORSE.
- HELP ME SAFELY TO THE GROUND.
- COVER HARD SURFACES NEAR ME.
- SAY "YOU ARE HAVING AN FND EPISODE. YOU ARE SAFE. YOU HAVE THE TOOLS TO GET THROUGH IT. I AM HERE WHEN YOU ARE READY." THEN GIVE ME PRIVACY AND SPACE.

WHAT TO DO AFTER

- REINVOLVE ME/RETURN ME TO CLASS.
- PRAISE ME ONE-ON-ONE FOR COPING THROUGH MY SYMPTOMS.
- PLEASE WAIT UNTIL THE END OF THE DAY TO CONTACT MY GUARDIAN USING THEIR PREFERRED METHOD.

WHAT NOT TO DO

- DO NOT CALL AN AMBULANCE UNLESS INJURED. (PLEASE CHECK BASED ON INDIVIDUAL NEED.)
  - DO NOT REMOVE ME FROM SCHOOL.
  - DO NOT BEHAVE FRANTICALLY.
  - DO NOT TIME THE EPISODES. UNLIKE EPILEPSY, THE CARE DOES NOT CHANGE AFTER 5 MINUTES.

Provider Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Provider Name: \_\_\_\_\_

Provider Contact: \_\_\_\_\_