

Functional Seizure Communication Plan

Hi there, thanks for supporting me!

Personal Information:

My Name Is: _____

Emergency Contact Name & Number: _____

Medical Condition: **Functional Neurological Disorder (Functional Seizures)**

Other Relevant Information: _____

How to Recognise When I'm About to Have a Seizure

(Signs, triggers, or sensations that might indicate an upcoming seizure)

My common triggers are:

- Stress or anxiety
- Fatigue
- Bright lights or noise

- _____

Pre-seizure Signs (Aura, feeling, or changes in behaviour):

- Nausea
- Dizziness or light-headedness
- Tingling or numbness in limbs

- _____

What I Might Say or Do Before a Seizure

- "I feel off" or "I'm not feeling well"
 - Sudden withdrawal or becoming quiet
 - Unexplained movements or body stiffness
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What I Need Before or During a Seizure

(Instructions for what others should do to help you in this moment)_

Before a Seizure

- Help me move to a quiet, safe space if possible.
 - Try to avoid bringing attention to me. Don't over fuss.
 - Reduce loud noise, bright lights, or distractions.
 - Offer calm reassurance but avoid overcrowding.
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How to Help Me During My Seizure

- Stay calm and stay with me.
 - Do not try to restrain me.
 - Help me avoid injury (e.g., move objects that could hurt me).
 - Do not place anything in my mouth.
 - Speak calmly and softly - I can often hear and feel you but not be able to respond.
 - Time the seizure if possible.
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How to Help Me After My Seizure

(What to expect and how to offer help)

- I may feel confused or disoriented; please explain what happened.
- Help me sit or lie down in a safe space until I feel more recovered.
- Offer water and allow me to rest.
- Ask me if I need medical attention or if I prefer to wait until I recover on my own.
- Allow me space to breathe but check in frequently.

- _____

When to Call Emergency Services

(Indicate when others should contact emergency medical services on your behalf)

- If the seizure lasts longer than __ minutes.
- If I injure myself during the seizure.
- If I do not regain consciousness or awareness after __ minutes post-seizure.
- If I have difficulty breathing or severe physical distress.

- _____

Contact Information for Medical Professionals

(Include contact details of healthcare providers who should be notified in an emergency)

- Healthcare Professional (Name): _____

- Contact Number: _____

Strategies to Help Me Recover Quicker

(Strategies to help me re-centre and recover post-seizure)

- Grounding techniques such as: _____
- Gentle breathing or mindful exercises like: _____
- Soft music or calming sounds.
- Familiar voices, laughter or comforting presence.
- Quiet, dimly lit environment to rest.

- _____

Additional Information

(Any further details you feel are important to share)

Thank you for helping and supporting me!

Instructions for Healthcare Providers

Please note that I have Functional Neurological Disorder (FND), and my seizures are functional in nature. While they resemble epileptic seizures, they are not caused by abnormal electrical brain activity. Please consider my personal plan and previous treatments when providing care.