



What people with FND want you to know?



<p>1 My symptoms are frightening. I can't control them. Please remain calm, patient and understanding. Please explain the illness in a way I understand and that respects my feelings and opinions.</p>	<p>2 Sometimes I might need disability aids to do what I need to do. This does not mean I am weak, going to become dependent on them or not trying hard enough.</p>	<p>3 My symptoms fluctuate across the day, and on different days. I can have different physical abilities and symptoms in a short space of time.</p>	<p>4 Please listen to me. Please hear what I say, about my symptoms and possible underlying causes. Please ASK. Don't assume. If I say I have NO underlying or subconscious trauma, I don't.</p>
<p>5 Without treatment I may not recover at home. With treatment, despite my best efforts, I still might not recover.</p>	<p>6 Please don't write me off. I need access to ongoing care and treatment to manage in everyday life, and to have the best chance of recovery.</p>	<p>7 I am more than my FND. I am a whole person, with dreams, ambitions, goals, family and friends. I need to be able to do what I need and want to do.</p>	<p>8 I am not attention seeking, I am seeking help to deal with frightening, disabling and distressing symptoms.</p>
<p>9 If I could control my symptoms, I would. No one wants to be sick and/or dealing with disability. I can't think myself well.</p>	<p>10 I need access to a multi-disciplinary team that meets my specific needs. Peer support is also helpful. FND is complex. We are all on a learning curve.</p>	<p>11 FND is everyone's business. A comprehensive treatment program gives people the best chance of recovery.</p>	<p>12 Information is important to help me understand FND. Remember, a website is not a treatment plan. www.neurosymptoms.org www.fndaus.org.au</p>
<p>13 Please treat me as a whole person, not a list of symptoms. I am more than my symptoms. Doing valued activities is important for my recovery and wellbeing.</p>	<p>14 I may not be able to verbalise and respond, but I can hear you. Please be kind in what you say.</p>	<p>15 I am doing the best I can. Please respect that. If I could push myself harder, I would.</p>	<p>16 I am the best judge of my body and what I can and cannot do. Sometimes, if I push too hard, I wear the consequences.</p>