

# Fetal Alcohol Spectrum Disorder

FASD stands for Fetal Alcohol Spectrum Disorder. It is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. Each person with FASD has both strengths and challenges and will need special supports to help them success with many different parts of their daily lives. (CanFASD, 2019)

## Commonly seen challenges

Executive Functioning - difficulty with judging, planning, delaying gratification, planning, organizing, memory, outcomes

Adaptive Functioning - difficulty coping with common life demands (e.g. time, money, relationships, hygiene) and are able to meet standards of personal independence

Communication - individuals may be highly verbal, but lack comprehension skill both written and verbal



# 4%

of individuals in Canada have FASD

FASD is an under-recognized condition that is usually hidden. This can make accessing the right kind of support difficult

# #1 Protective Factor is Stable Placement

Stable Placement needs to be supported at home, at school, at work, and in the community

## Social Skills

People with FASD want to be social and to have friends

They may be vulnerable as they misread and misunderstand social interactions

Supervision and support are essential to successful relationships

## Developmental Dysmaturity - What is this?

Developmental or Functional age is more important to consider than chronological age

The gap between developmental and chronological age can be different in different areas

Matching expectations to developmental age is **critical** for success

# Individuals with FASD may need support to access services on their behalf. The goal is supported interdependence. \*Getting help is good\*

## Tips to ensure your support is accessible to individuals with FASD

### Focus on the Environment

- Onus on support team not individual
- Be proactive
- Anticipate and remove barriers
- Help and support
- Create conditions for success (structure, reminders)



### Think Brain and Information Processing

- Start with strengths
- Think **can't**, not **won't**
- Routines and consistency
- Allow extra time
- Help based on developmental age
- Adjust expectations - expect inconsistency



For more information, go to



[www.canfasd.ca](http://www.canfasd.ca)

For local information, go to

