

Fetal Alcohol Spectrum Disorder

QUICK FACTS:

Fetal Alcohol Spectrum Disorder describes a range of disabilities that may occur when a developing fetus is exposed to alcohol during pregnancy.

AN FASD BRAIN WORKS DIFFERENTLY - People with FASD are often thought of as:

LAZY

BAD

OPPOSITIONAL

NOT WILLING

FASD IS BRAIN DAMAGE – IRREVERSABLE BRAIN DAMAGE!

When you have met one person with FASD, you have met one person with FASD

FASD AFFECTS PEOPLE FROM ALL SOCIOECONOMIC BACKGROUNDS

MOST people affected will NOT have the facial and physical features of FASD

People living with FASD have a confused alert system

It is more common than you think:

1 in 20 people live with FASD!

THINGS THAT ARE NOT EASY FOR SOMEONE LIVING WITH FASD:

- TIME MANAGEMENT
- MEMORY
- KEEPING APPOINTMENTS
- ORGANIZATIONAL SKILLS
- PROBLEM SOLVING
- HAVING A VOICE!

TOUGH LOVE DOES NOT WORK!

WHAT CAN WE DO?

RETEACH

SLOW DOWN

ADJUST EXPECTATIONS

SPEAK LESS

GIVE BREAKS

ONE STEP AT A TIME

MODEL EXAMPLES & BE CONSISTENT

ASK THE PERSON FOR STRATEGIES

KEYS FOR SUCCESS:

- FOCUS ON INTERESTS, PASSIONS AND STRENGTHS
- POSITIVE RELATIONSHIP
- INCLUDE THE PERSON IN THE PROCESS
- USE CONCRETE, SPECIFIC, SIMPLE STEPS
- PATIENCE, TIME AND ACCOMMODATIONS
- Use Visuals

Remember:

-Do not use up all of their MENTAL ENERGY: We are not entitled to this!

-Do not reward or punish a skill they do not have

-Allow for daydreaming/tuning out - This allows them to return to their baseline

-Consistently use and encourage calming strategies & try as many as needed!

“The greatest obstacle individuals with FASD must overcome is the chronic frustration that results from the unreasonable expectations of others.”

THANK YOU FOR YOUR AWARENESS!

