

SEPT 9
FASD AWARENESS
DAY



Learn
about
FASD



Think brain,
not blame



Adjust
your
expectations

ESSENTIAL WAYS TO SUPPORT SOMEONE WITH FASD



Modify
environments



Use
strength-based
approaches



Celebrate
Success!

LET'S END THESE MISCONCEPTIONS

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INDIVIDUALS WITH FASD WILL OUTGROW THEIR DIFFICULTIES. **THIS IS NOT TRUE.**

The truth is FASD is a lifelong disability. With the right supports in place they can learn to make adaptations to support their disabilities but most individuals will require your support throughout their entire lives.

THE BEHAVIOURAL ISSUES HAPPEN BECAUSE OF BAD PARENTING. **THIS IS NOT TRUE.**

Brain damage can lead to primary disabilities. These primary disabilities mean that an individual does not always behave as others expect them to. Individuals with FASD can be challenged in everyday tasks but by educating yourself, you can better understand and help support them.

BECAUSE AN INDIVIDUAL HAS BRAIN DAMAGE, THERE IS NO POINT IN HELPING THEM. **THIS IS NOT TRUE.**

If individuals with FASD are supported throughout their lifetime they will succeed. We need to adjust our expectations to match their developmental age and redefine success. Advocating for an individual will help family, friends, and professionals to better understand the individual's needs.

INDIVIDUALS WITH FASD ARE UNWILLING TO TAKE RESPONSIBILITY FOR THEMSELVES. **THIS IS NOT TRUE.**

Individuals with FASD are not trying to be difficult. There is usually an underlying reason for their behaviours or actions. Their behaviours are often just misunderstood and can be viewed as a form of communication.

FASD PRIMARY DISABILITIES

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PHYSICAL DISABILITIES

- Poor balance
- Poor coordination
- Auditory impairments
- Problems with motor control
- Lower height or weight
- Weak heart/frail bones
- System abnormalities
- Slow to meet milestones

COGNITIVE DISABILITIES

- Difficulty with memory
- Slow information processing
- Impaired executive functioning
- Problems generalizing
- Confabulation
- Poor receptive language skills
- Trouble understanding abstract concepts
- Perseveration
- Problems connecting cause & effect

BEHAVIOURAL DISABILITIES

- Problems with social skills
- Lack of inhibitions
- Reacting poorly to change
- Poor understanding of ownership
- Easily overwhelmed
- Impulsive actions
- Repeated mistakes
- Vulnerable to peer pressure

SENSORY DISABILITIES

Over or under sensitivity in:

- Taste
- Touch
- Sight
- Smell
- Hearing
- Vestibular input
- Proprioception

LEARN MORE AT [SASKFASDNETWORK.CA/LEARN](https://saskfasdnetwork.ca/learn)

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FASD AFFECTS 40% OF CANADIANS

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HOW TO LEARN ABOUT FASD

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FIND A TRUSTWORTHY WEBSITE

There are a lot of negative misconceptions about FASD that get shared on various websites or social media accounts. When searching for information about the disability try to find an organization that focuses on FASD. The Network has a website to help people learn about the disability, visit saskfasdnetwork.ca/learn

READ THE LATEST RESEARCH

Canada has a lot of dedicated researchers who are constantly undertaking efforts to find out more about the disability and help improve the quality of life for those who are impacted. The Canada FASD Research Network is a great place to look for the latest research.

ATTEND EDUCATIONAL OPPORTUNITIES

There are often workshops and conferences being held across the country. The FASD Network of Saskatchewan has a training and events program that offers many opportunities to learn more about FASD.

CONNECT WITH FAMILIES

Listening to the first-hand experiences of families is a great way to learn about this unique disability. For caregivers, attending support meetings in your community can be a great opportunity to learn strategies that other families have used. If there aren't meetings available in your community you can connect with other families online by requesting to join the private Facebook group facebook.com/groups/fasdcaregivers

TALK TO AN INDIVIDUAL WITH FASD

One of the best ways to learn about FASD is to talk to an individual who lives with it. Meeting individuals who are impacted by the disability is a great way to truly understand how FASD affects everyone differently.