

GOAL BOOK

NAME:

PRIMARY DISABILITIES

Primary disabilities are caused by being exposed to alcohol while in the womb. There are four types of primary disabilities: cognitive, behavioural, physical, and sensory. Each individual with FASD may experience these differently.

Sensory

Do certain noises bother you?	Yes	No
Do certain smells bother you?	Yes	No
Does the lighting in rooms ever bother you?	Yes	No
Do certain colors bother your eyes?	Yes	No
Are there certain things you don't like to touch?	Yes	No
Do you ever find your clothing annoying or distracting?	Yes	No
Do you often have trouble hearing things?	Yes	No
Does moving around make you feel better? (spinning, jumping, etc)	Yes	No
Do large groups bother you?	Yes	No
Do you ever feel like your senses are being overloaded?	Yes	No
Do you have trouble sleeping at night?	Yes	No
Is waking up in the mornings hard?	Yes	No
Do you feel tired during the day?	Yes	No

Physical

Are you a clumsy person?	Yes	No
Do you know when you feel hungry or thirsty?	Yes	No
Do you know when you need to go see a doctor?	Yes	No
Do you make appointments to get check-ups? (doctor, dentist, eyes)	Yes	No
Does your body ever feel uncomfortable?	Yes	No
Does anywhere on your body ever hurt or feel different?	Yes	No

Cognitive

Do you struggle to remember things? (appointments, schedules, etc)	Yes	No
Are you able to remember what's expected of you? (work, school, at home)	Yes	No
Do you find it hard to follow along when people are speaking?	Yes	No
Do you struggle with math?	Yes	No
Do you struggle to understand time?	Yes	No
Are you often late for things?	Yes	No
Do you understand how money works?	Yes	No
Do you find it hard to organize tasks?	Yes	No
Are you able to achieve goals you set for yourself?	Yes	No
Are you able to start projects?	Yes	No
Do people ever tell you you're getting stories mixed up?	Yes	No
Do you ever get stuck thinking about a single topic?	Yes	No
Do you struggle to remember things? (appointments, schedules, etc)	Yes	No
Are you able to remember what's expected of you? (work, school, at home)	Yes	No
Do you do your own grocery shopping?	Yes	No
Do you pay your own bills?	Yes	No

Behavioural

Are you able to maintain friendships?	Yes	No
Do you experience confusion around other people's emotions?	Yes	No
Can you identify your own emotions?	Yes	No
Do you feel able to express these emotions?	Yes	No
Do you ever feel urges to do things?	Yes	No
Are you easily overwhelmed?	Yes	No
Do you get upset when there are changes in your routine?	Yes	No
Do you ever feel anxious when moving from one task to another?	Yes	No

SECONDARY CHALLENGES

Secondary challenges are not caused by being exposed to alcohol while in the womb. These challenges develop throughout life when an individual's disability is not recognized and supported. Living in an environment that is confusing, overwhelming, and frustrating can lead to some of these issues.

Have you ever experienced:

- Mental health issues
- Addictions
- Involvement with the Justice System
- Issues with employment
- Issues with housing
- Problems with relationships/friendships
- Issues with gambling
- Disrupted school experiences
- Unsafe/unhealthy sexual experiences
- Social isolation

SHORT-TERM GOALS

GOAL #1 _____

STEPS

SHORT-TERM GOALS

GOAL #2 _____

STEPS

SHORT-TERM GOALS

GOAL #3 _____

STEPS

LONG-TERM GOALS

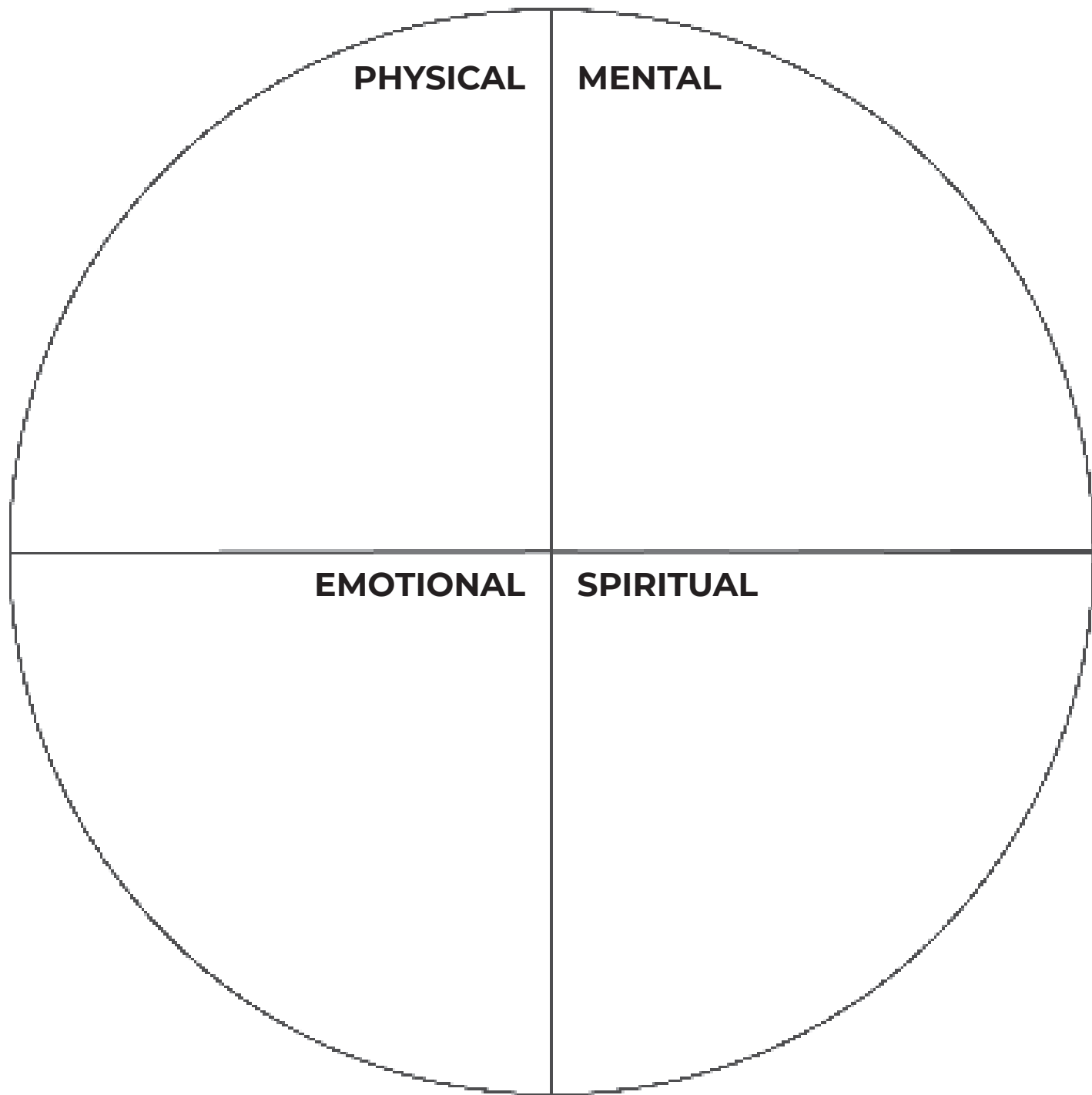
GOAL #1

GOAL #2

GOAL #3

GOAL #4

SUPPORT



SUPPORT

