

# Wallet Cards

A wallet card can be useful when an individual living with FASD is being questioned (formally or informally) by police, lawyer, or other authority figure. The wallet card list numbers of support people who the police, lawyers, etc. can call to support the individual. It also has the individual's identifying information. This card is incredibly useful when the individual is in a stressful situation where their processing speed and ability could be further impaired. When the individual presents this card they are disclosing their disability and accommodations should be made for the individual.

## How to use the Template

- Fill in the highlighted portions with information specific to the individual with FASD
- Print on both sides of a page to create a double sided wallet card
- Provide multiple copies in case one gets lost, or an individual would like to provide a card to more than one service provider
- Regularly practice when and how to use the wallet card

My name: _____	
Address: _____	
Phone Number: _____	
My support people	
Name: _____	Name: _____
Number: _____	Number: _____
Relationship: _____	Relationship: _____

My name: _____	
Address: _____	
Phone Number: _____	
My support people	
Name: _____	Name: _____
Number: _____	Number: _____
Relationship: _____	Relationship: _____

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My support people	
Name: _____	Name: _____
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Relationship: _____	Relationship: _____

My name: _____	
Address: _____	
Phone Number: _____	
My support people	
Name: _____	Name: _____
Number: _____	Number: _____
Relationship: _____	Relationship: _____

I have Fetal Alcohol Spectrum Disorder.

FASD is s a diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol. It is a life-long neurodevelopmental disorder that causes mild to severe impairment in physical, cognitive, sensory and behavioural development.

Please call my support people listed on the back of this card.

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