

LIVING WITH FETAL ALCOHOL SPECTRUM DISORDER



Fetal Alcohol Spectrum Disorder (FASD) affects brain development, leading to challenges with behavior, memory, social interactions, and daily living. Early diagnosis is essential to help individuals reach their full potential by enabling timely intervention and support.

HOW TO SUPPORT INDIVIDUALS WITH FASD

- Professional Support and Counseling
- Daily Structure and Routines
- Care and Education



PARENTS/GUARDIANS

- Create a calm, and routine home life
- Reward good behavior
- Be consistent!



CALL TO ACTION!

By focusing on strengths and providing **ongoing support**, we can empower children and adults with FASD to lead **fulfilling lives**.

Early intervention is key to **long-term success!**



HOW PEOPLE WITH FASD WANT TO BE TREATED

People with FASD want to be understood and supported. Here's how **you** can help:

- Be patient and understanding
- Treat them with respect
- Support their strengths
- Keep things simple
- Listen actively
- Stay positive



STRENGTHS

- Children with FASD have **unique strengths**
- Focus on their strengths helps them succeed and reduces secondary challenges
- They may be highly:
 - Verbal
 - Artistic
 - Athletic
 - Friendly



CHALLENGES

- **Behavioral Issues:** Difficulty with social skills, impulse control, and boundaries
- **Lifelong support** is often necessary as they transition into adulthood
- Individuals may face challenges with:
 - Employment
 - Financial Management
 - Addiction
 - Legal troubles