

FASD

LEARN ABOUT FASD | RESOURCES | RESEARCH | ONLINE LEARNING

FETAL ALCOHOL SPECTRUM DISORDER (FASD) IS A DIAGNOSTIC TERM USED TO DESCRIBE IMPACTS ON THE BRAIN AND BODY OF INDIVIDUALS PRENATALLY EXPOSED TO ALCOHOL

FASD is a life-long neurodevelopmental disorder that occurs in all cultures and levels of society causing mild to severe impairment in physical, cognitive, sensory and behavioural development.



LEARN ABOUT FASD

HOW COMMON IS FASD?

Even though alcohol use is common, we do not fully understand the costs, both personal and to the community, of alcohol misuse.

Based on the current research, it is estimated that 4% of the Canadian population lives with FASD. Another way to understand this is that approximately 1,451,600 people in our country have FASD.

PRIMARY VS ADVERSE

Primary disabilities are those disabilities caused directly by prenatal alcohol exposure. No two individuals experience the primary cognitive, behavioural, physical or sensory disabilities in the same way.

Secondary challenges, now referred to as adverse outcomes, are not caused directly by prenatal exposure to alcohol, but they develop throughout later childhood, adolescence and during adulthood. Children, youth and adults living with FASD **live in a world that often does not fit them very well**. Most people around them do not recognize that their behaviour and limitations are in fact linked to primary disabilities of FASD.

When a disability is not recognized, demands and expectations that cannot be met because of brain differences are placed on individuals with FASD. These individuals experience failure over and over. **Repeated failure and continued high expectations in an environment that is confusing, overwhelming and frustrating contributes to secondary challenges.**

IS FASD A LIFELONG DISABILITY?

FASD is a disability that lasts through the entire lifespan.

These diagnoses include mild to severe disabilities. The disabilities can be a mix of cognitive (thinking), behavioural (actions), physical (body or health) or sensory (vision, touch, hearing) disabilities.

The damage caused to the brain does not lessen or improve, even as the person gets older.

However, their behaviour may change with support, effective strategies and improved understanding.



Q&A answers and for further information visit;

<https://www.saskfasdnetwork.ca/learn>

LET'S REFRAME OUR LANGUAGE

WHY REFRAME OUR LANGUAGE?

Respect, dignity, and inherent human worth should be promoted among individuals with FASD, women who use alcohol during pregnancy, and their families.

QUESTION

REFRAME

How much alcohol is
"too much" during
pregnancy?



"What do we know about alcohol and pregnancy?"

Experts agree that there is no safe level of drinking during pregnancy

FASD, mental health, and
substance use



When unsupported, people with FASD may be more likely to experience high rates of mental health and substance use difficulties

Social & economic costs



FASD is costly to support because of the increased need for services for individuals and families across sectors

"Secondary disabilities"



"adverse outcomes"

"difficulties in daily living"

"impacts" or "risks"

FASD is often still
viewed as only an
"Indigenous issue"



All populations where alcohol is used are at risk for FASD

Replace outdated terminology with the term of 'Indigenous'

RESOURCE'S PROVIDED BY;

<https://canfasd.ca/wp-content/uploads/publications/Common-Messages-EN.pdf>

RESOURCES

General & Language:

<https://www.saskfasdnetwork.ca/>

<https://canfasd.ca/wp-content/uploads/2018/01/LAEO-Language-Guide.pdf> <https://canfasd.ca/wp-content/uploads/publications/Common-Messages-EN.pdf> <https://canfasd.ca/media/media-resources/>

Resources for Caregivers:

<https://www.saskfasdnetwork.ca/>

https://ac965253-06fe-4ffb-8eb5-c38685bfd030.filesusr.com/ugd/6eb9fe_6994664f622a423c879f889abff06b8c.pdf

<https://canfasd.ca/caregivers/information-for-caregivers/> www.facebook.com/groups/fasdcaregivers

<https://canfasd.ca/2018/11/22/what-it-takes-supporting-loved-ones-with-fasd-video-by-the-family-advisory-committee/>

Resources for Support Workers:

https://ac965253-06fe-4ffb-8eb5-c38685bfd030.filesusr.com/ugd/6eb9fe_94f464d60c754fdabebc5c9ec9441fb7.pdf

Research and FASD:

<https://canfasd.ca/topics/research-priorities/>

<https://canfasd.ca/algorithm/>

<https://canfasd.ca/topics/intervention/>

<https://canfasd.ca/topics/child-welfare/>

<https://canfasd.ca/topics/diagnosis/>

<https://canfasd.ca/topics/prevention/> <https://canfasd.ca/wp-content/uploads/publications/FASD-as-a-Unique-Disability-Issue-Paper-FINAL.pdf>

Online Learning:

<https://www.saskfasdnetwork.ca/training> <https://canfasd.ca/online-learners/>

Videos on FASD:

<https://www.youtube.com/playlist?list=PLBhdT-nylDEPRAnnU5Gcoqyp7k0JR4nTh>

https://www.youtube.com/watch?v=6QgZKkv_Pck&t=574s <https://www.youtube.com/watch?v=Rq7gPImi7lY&t=34s> <https://www.youtube.com/watch?v=IRB7Zv89Zic>

<https://www.youtube.com/watch?v=JUc8uC6RZWQ> <https://www.youtube.com/watch?v=hKaJyKaF1yM&t=6s> <https://www.youtube.com/watch?v=zazAwwLYrsA>

<https://www.youtube.com/watch?v=hKaJyKaF1yM&t=6s> <https://www.youtube.com/watch?v=zazAwwLYrsA>

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FASD Blogs:

<https://canfasd.ca/blog/> <https://fasdlearningwithhope.wordpress.com/>

FASD and Social Media:

<https://www.facebook.com/FASDNetwork> <https://www.facebook.com/CanFASD>

<https://www.facebook.com/RedShoesRock>