

FASD

Fetal Alcohol Spectrum Disorder



What is FASD?

Fetal Alcohol Spectrum Disorder (FASD) is a lifelong disability that affects the brain and body of people who were exposed to alcohol in the womb. Each person with FASD has both strengths and challenges and will need special supports to help them succeed with many different parts of their daily lives.

FASD FACTS

- FASD is the leading developmental disability in Canada, impacting approximately 4% of Canadians.
- FASD impacts more people in Canada than Autism Spectrum Disorder, Cerebral Palsy, and Down Syndrome *combined*.
- FASD is a hidden disability, meaning you cannot tell if someone has FASD just by looking at them. Less than 10% of people with prenatal alcohol exposure have visible facial differences.
- 90% of individuals with FASD also experience mental health issues.

- CanFASD

Common Strengths and Challenges

Each individual with FASD has unique strengths and challenges. Some common strengths and challenges for individuals with FASD include:

STRENGTHS

- Friendly
- Likeable
- Affectionate
- Determined
- Hard-working
- Forgiving
- Non-judgmental
- Caring



CHALLENGES

- Learning
- Memory
- Attention
- Language
- Social skills
- Reasoning and judgment
- Behaviour
- Academic achievement
- Emotional regulation

FASD System Navigator

An FASD System Navigator can provide a wide variety of support for children and youth with FASD, or who may have FASD, and their families. These supports may include:

- Advocating for, and connecting families with FASD-informed services and supports
- Developing a strengths-based support plan
- Supporting families through the FASD assessment process
- Provide families with information and education
- Assisting with funding applications, if eligible
- Consulting with community partners about FASD-informed care and best practices
- Providing and promoting FASD awareness, information, education, and resources
- Providing an FASD-informed lens and advocate during meetings at school and community appointments
- Supporting the transition to adult services

Helpful Resources



- [Rural FASD Support Network](#)
- [FASD Parent Action Group of Southeastern Ontario](#)
- [FASD Ontario](#)
- [FASD ONE \(Ontario Network of Expertise\)](#)
- [CanFASD \(Canada FASD Research Network\)](#)
- [The FASD Success Show \(Podcast\)](#)
- [FASD Family Life \(Podcast\)](#)

Additional resources can be located at:

https://kidsinclusive.ca/services-and-programs/fasd_workers/

KidsInclusive
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Centre for Child & Youth Development
Centre du développement des enfants et des adolescents

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