



## WHAT IS FASD?

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 lifelong disability. Individuals with FASD will experience some degree of challenges in their daily living, and need support with motor skills, physical health, learning, memory, attention, communication, emotional regulation, and social skills to reach their full potential.

Each individual with FASD is unique and has areas of both strengths and challenges. Challenges can occur in the following areas of development:

Physical – birth defects and motor skills

Mental – cognitive, memory, decision making

Behavioural – angry outbursts, trouble getting along in the world

Learning – poor school performance, trouble with abstract thinking

(FASD Ontario)

### FASD COORDINATOR:

- Help families to connect to services and other community supports/resources
- Provide education/training to parents, families, community and professionals about FASD using the Neurobehavioral, brain-based approach created by Diane Malbin
- Support and facilitate circle of care to create an accommodation plan that supports child/youth in all environments



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# Grey Bruce Fetal Alcohol Spectrum Disorder (FASD) Program





## A CHILD OR YOUTH IS ELIGIBLE FOR THE PROGRAM IF:

- They are under the age of 18, or between 18 and 21 and still in school
- They have a formal diagnosis of FASD or have a suspected FASD or FASD-like symptoms.

## HOW TO ACCESS AN FASD COORDINATOR?

- You can make a referral yourself by calling the FASD coordinator directly  
OR
- You can ask a staff from a community agency that you already work with, your child's doctor or a staff at your child's school to make a referral on your behalf. Once we receive that referral, an FASD coordinator will contact you.

## FAMILY-CENTRED SERVICE:

- Family is the constant in the child's life.
- The family is the expert about their child's abilities and needs.
- The family works with service providers to make decisions about the services and supports they need.
- The strengths and needs of **all** family members are considered.



## THE NEUROBEHAVIOURAL APPROACH:

- The NB approach, or neurobehavioral approach (also called the brain-based approach) is an understanding of FASD as a physical disability
- NB approach teaches caregivers, family members and professionals to see the difficulties and strengths of each individual with FASD and use these difficulties and strengths to make accommodations that set that person up for success
- NB focuses on changing the environment, not changing the child
- Child is NOT a problem – this child HAS a difficulty
- Changing the way you see, think about, and provide strategies for a child affected by FASD has big benefits for the child. But it also has big benefits for service providers, families, and caregivers.

(fasdnan.ca, fafasd.org)



Individuals with FASD often struggle with:

- Understanding and processing information more slowly
- Abstract concepts such as time, money and organization skills
- Getting in trouble a lot (especially for doing things before thinking about it)
- Paying attention and focusing on things that aren't interesting to them
- Language – often use bigger words than they fully understand
- Sensory overload (easily stimulated by things like bright lights, noises, certain fabrics & smells)
- Social challenges with peers and frequently get along better with younger children
- Poor working memory
- Not learning from mistakes or consequences

Faith

Ability

Strength

Determination ~ Myles Himmelreich