



What is FASD?

FETAL ALCOHOL SPECTRUM DISORDER

FASD is an umbrella term referring to brain damage and physical anomalies, which affect the unborn child of a woman who uses alcohol during pregnancy. FASD is not a label. It is a medical diagnosis of a congenital disability. FASD is a permanent disability and is often invisible. There is no cure, and its effects won't go away.

Individuals with FASD may require extensive support and services related to health, mental health, social services, education and training, justice, addictions, and family supports throughout their lives.



FASD SUPPORT PROGRAM

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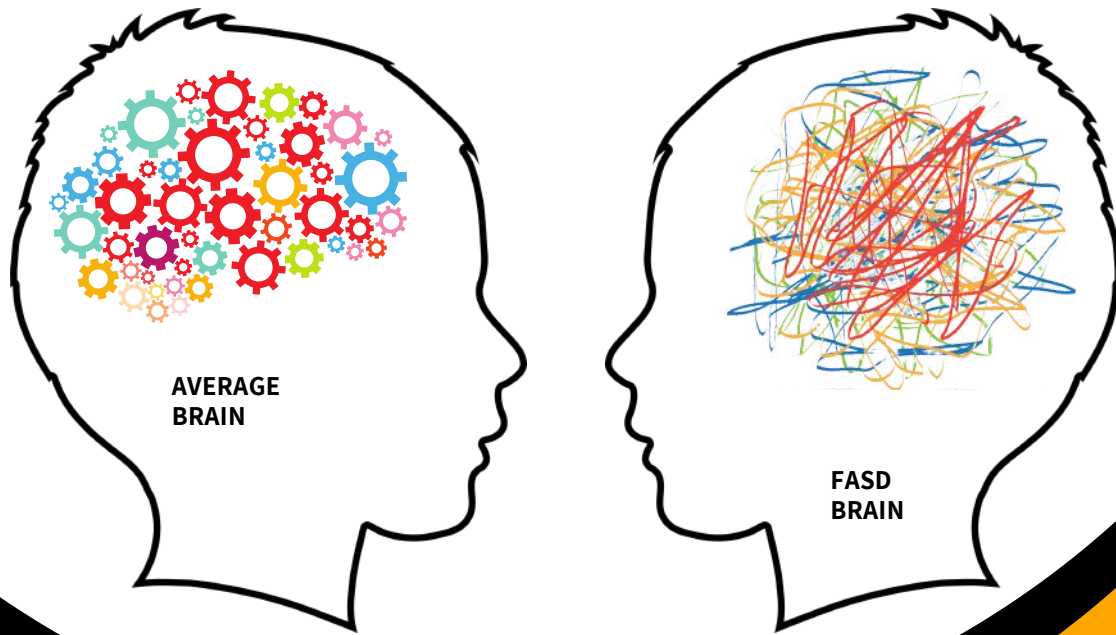
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GRANDE CACHE, AB T0E 0Y0

780-827-3324
MONDAY - FRIDAY
8:30 AM TO 5 PM



Fetal Alcohol Spectrum Disorder FASD SERVICE NETWORK NORTHWEST ALBERTA





FASD PROGRAM

Support and access to specific services, advocacy and mentoring for individuals diagnosed with/or suspected of having FASD and their families and caregivers. Services are provided in Grande Cache and the surrounding area.

SUPPORT WORKER

The FASD Support Worker provides:

- One on one client-centred support.
- Coaching and individual mentoring.
- Advocacy.
- Family support.
- Educational awareness.

PROGRAM GOALS

- Improved positive caregiving skills and supports.
- Caregivers are more knowledgeable and confident about caring for an affected individual.
- Clients experience a more positive school or work experience.
- Increased community awareness about the necessity of supports for affected individuals.
- Earlier identification and referral for diagnosis and support.

Living with FASD

“Disability is a matter of perception. If you can do just one thing well, you’re needed by someone.”

-Martina Navratilova

CHANGING EXPECTATIONS

Successfully living with FASD is possible when there is a circle of supports. The person is not the problem, nor are you going to “fix them.” Living with FASD is more manageable and enjoyable if families/caregivers stop trying to change the person but instead learn about FASD and are open to finding strategies.

TURN DISABILITY INTO ABILITY

- Engage in activities they enjoy.
- Focus on the positive decisions.
- Set realistic expectations: don't ask too much of them.
- Routine, structure and consistency are essential.
- Get support for yourself and never give up!